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THE
NEW COOKERY BOOK.

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THE
NEW COOKERY BOOK:

A COMPLETE MANUAL

OF
ENGLISH AND FOREIGN COOKERY

ON SOUND PRINCIPLES OF TASTE AND SCIENCE;

COMPREHENDING

CAREFULLY TRIED RECEIPTS FOR EVERY
BRANCH OF THE ART.

BY
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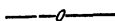
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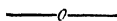
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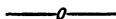
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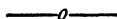


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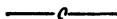
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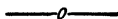
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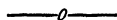
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THE NEW COOKERY BOOK.

CHAPTER I.

INTRODUCTION.

IN the art of Cookery it is well known that we are stigmatized by our lively and accomplished neighbours beyond the Channel. They believe that no amount of instruction and experience could make an English woman-cook produce a perfect dish. What is wanting is a question difficult to answer.

We know that a cook must have genius, or she will feel no interest in her art; cleanliness, or her cookery will be poison; method, or she will never reach the right conclusion; and, above all, she must have the accuracy of a scholastic critic, or her quantities will be false, and the harmony of her composition imperfect. But why should not an English cook, in addition to her experience, feel the enthusiasm for her art, observe the nice points, and acquire the delicacy of manipulation so conspicuous in the French cook? Why should not a quick, resolute Englishwoman succeed in attaining the respectable position and ample remuneration that the French *chef-de-cuisine* can always command?

Throughout this country there is a general complaint of the difficulty in obtaining a really good cook, and yet no other servant obtains such high wages. We would impress on all

young women the great advantage of cultivating a taste for an art which is not only pleasant, but decidedly profitable.

Cookery is a certain science, and certain combinations must inevitably produce the desired results ; therefore, in opposition to the usual directions of Cookery Books, we object to a cook who would regulate the flavour of her dishes by her own taste ; this arbitrary measure being offensive to delicacy and opposed to reason. What can be expected to be the result of such directions as “a squeeze of lemon,” or “a good deal” of salt or sugar ; thus leaving the whole nicety of the point of success to the caprice of the cook’s palate ?

As well might a musical performer change some passage in the music of a great composer, and thereby destroy the harmony, as a cook alter a condiment, or leave it out, or throw in more water, and thereby ruin the tried receipt of a good artist ; yet still declaring she did it “by the book.”

The great art of cookery is to preserve the juices and flavour of the meat, and at the same time to render it agreeable to the taste, sight, and smell, easy of digestion, and nourishing to the system. This can only be effected by the nice attentions to the undertaking which spring from a thorough devotion to the duties of the art, the accuracy of preparation, the regular process, and the exact time of cooking. An unskilful or careless woman puts down the joint to roast, or into the pot to boil, and then leaves it to cook itself, —an error never committed by an intelligent and well-trained cook.

It is this training, as far as counsel can accomplish it, that we desire to aid and direct in a work which we trust may not be found uncalled for, even among the many good Cookery Books extant. We have seen a cook confused with the perplexing references of one excellent writer, puzzled with the profound science of a second, and wearied with the diffuse verbiage of a third ; and we have believed that there is room

for a complete manual of cookery, embracing every subject, written in a style to be comprehended by the unlearned reader, and containing only those receipts which are practicable and have invariably been tested. We cannot assert with Dr. Kitchener, that we have eaten of every receipt in our book, but we can vouch that every one has been tried and found excellent. And as we wish each receipt to stand by itself perfect, we make no apology for the repetitions which must necessarily occur, in order that each should be thoroughly useful and clearly understood either by the unlearned cook or the active mistress of the family.

For, though it is not desirable, or even possible, that every lady at the head of a family should be practically a cook, yet it is almost a necessity that she should have some knowledge of an art so intimately connected with the pleasure, the comfort, and even the health of society. The object of cookery is not only to preserve life, but to make life useful and happy, by preserving that state of health which enables man to reason, to act, and to accomplish the purposes of his being. It is now well ascertained that a large proportion of the fatal diseases of England arise from eating ill-cooked or ill-assorted viands. An Englishman in the middle class of life thinks he is living handsomely and economically when he has every day a single joint, fresh cooked, served on his table, regardless whether it be over-roasted or under-boiled. On this he makes a hearty dinner, and imposes on his distressed stomach more work than it is able to perform without injury to the system. The physician directs his patient to live on certain diet suitable to his ailments; but unless the physician can secure this diet being prepared according to the certain rules of the art, he might as well have prescribed poison to his patient. The chop or the steak may be served greasy and indigestible, the plain pudding may be heavy and disgusting, even the simple barley water or lemonade may, by negligence, be nauseating rather

than refreshing ; yet in many cases the convalescence of a patient actually depends on carefully-prepared wholesome and tempting viands.

There is more mischief in economy of time than in economy of material. In the French *cuisine* every operation of cookery is done leisurely, whether it be in the peasant's cottage, where the *pot-au-feu* stands on the hob from the hour of rising to that of dinner ; or in the nobleman's steam-kitchen, where the cook does not think an hour ill spent in making a perfect gravy. If you can afford to keep a cook, afford her also time to accomplish her duties unhurried and undisturbed. The invaluable maxim, "Whatever is worth doing, is worth doing well," applies particularly to cookery ; for an ill-boiled potato will destroy the harmony of the best-ordered dinner.

But we will proceed to consider the case of the mistress of a family in moderate circumstances, whom prudence or necessity obliges to cook her own dinner. To her we would give this counsel:—Be careful that you distinguish between true and false economy ; be careful that you do not augment the bill of the doctor by lessening that of the butcher ; be certain that time saved is not health lost. Let it be your first care that you provide good meat ; and next, that this meat be well cooked. An hour before breakfast in the morning, an hour or two subtracted from the less important pursuits of visiting, or even of needlework—a careful division and arrangement of time—will enable a thoughtful and sensible manager to prepare neat and wholesome viands for her family without more cost than the coarse hard-boiled beef and unsavoury puddings of the over-thrifty housewife. Again, when there are young daughters, the kitchen becomes an academy where the mother may happily teach them valuable lessons in a science calculated to make their future home a home of happiness.

For instance, pickles and preserves should always be home-made, recent investigations having shown the danger of using

these articles when made up for sale. Such delicate preparations of cookery, which are in fact experiments in chemistry, may profitably employ, amuse, and improve young ladies, without flinging them back into the sober and undemonstrative monotony of the life of the housekeeping ladies of the last century. And, unless her position in society raises her far above the fitness of such occupation, we see no degradation in "every lady" being "her own confectioner."

We must venture to allude to another error of parsimony or negligence, too common in families,—the sameness of dinners. A variation of diet is not only strictly enjoined by the rules of health, but is agreeable to the palate. A little exercise of ingenuity, an effort to make new arrangements and new combinations, will afford satisfaction and comfort. It has been observed that where you find always on certain days certain dishes, always cooked in the same manner, you may reasonably expect to find the lady of the house indolent or parsimonious, the gentleman discontented, and probably both a little dyspeptic.

It is an allowed fact that there is nothing new under the sun, and a modern Cookery Book must consist chiefly of receipts for preparing the same dishes as Mrs. Glasse placed before our grandmothers, and as all her successors have repeated; but the experience of years has brought its fruit, and every succeeding cook with a head suggests some improvement or discovers some new combination. The result is obvious. Even our national roast beef is not the roast beef of a century ago—hard, scorched, red, and indigestible; but an eatable, nutritious, and handsome dish, which we are not ashamed to produce before the supercilious eyes of all epicurean Europe.

Under these circumstances we venture to offer our Cookery Book, the result of much thought and experience, to all those who, though they do not "live to eat," yet are anxious "to eat to live."

CARVING.

ALTHOUGH the fashion of the day has introduced into the higher classes the custom of dishes carved at the sideboard by servants, it is unlikely this should ever become general, and it is needless to expatiate on the utility of the art of carving to both sexes in England. Especially in the middle classes, the master and mistress of a family should have a practical knowledge of it; and to carve gracefully, dexterously, and quickly is no mean accomplishment for any man.

The general principles of carving are plain and simple; but it requires practice to gain much expertness in the art.

In carving meat it is almost an invariable rule to cut across, not along, the fibre; the fillet or under side of the sirloin of beef forms an exception: it must be sliced in the direction of the fibres. In joints of meat, in poultry, or game, it is necessary to know the point where the bones can be separated, in order to introduce the knife where they can be neatly divided.

The carving-knife should always be sharp, of a size and form suitable for the article before you. The fish-knife and fork of silver, large, the blade of the knife broad. For large joints of meat, a long sharp knife; for poultry, a shorter, pointed blade, but long-handled knife, to obtain a command in separating the joints. The fork which is used to steady the joint or bird must be steel, two-pronged, and protected by a guard.

In serving soup, one ladleful is sufficient on each plate. In helping to gravy, pour it at the side, not over the meat.

Cod's Head and Shoulders.

All fish should be carved on the same principle—that is, the flakes should not be broken, or the beauty, and much of the delicacy, of the fish is destroyed. In cod, however, the thick part is often cut across in slices, as in this dish represented (Fig. 1). The cheek is considered a delicacy; also the sound,

which lines the backbone ; and the liver, when sent in, must be neatly and carefully divided. The gelatinous part about the eye, called the cheek, is also a delicacy, and must be distributed justly, according to the number of the party. The under part, which is termed the thin part, is preferred by some.

Turbot.

There is more art in delicately carving the imperial turbot than any other fish, in order that every one may be supplied with the rich skin and fins, so highly appreciated by epicures. It is always brought to table with the white or under side uppermost, as this is the most delicate part. The point of the fish-knife must be drawn down the middle to the bone, and from thence deep cuts made at right angles, and the squares, thus made, carefully raised, including the portion of fin attached to each. After the upper part is consumed, the backbone may be removed, and the lower part divided in the same way, neatly, and without breaking the flakes. Brill, a fish much inferior in quality, but sometimes introduced as turbot, must be carved in the same way.

Salmon.

Salmon is usually served in a handsome slice, and it is only necessary to know whether the thick or thin part, the back or under part, be preferred, and to be careful not to break the flakes.

Most fish are carved in a similar manner, except the smaller fry, which are helped whole ; and MACKEREL, which are divided from head to tail and the flesh carefully raised from the bone and served.

Sirloin of Beef.

The tender under side of the sirloin, called the fillet, is usually most liked, and the meat must be raised to enable the carver to cut slices from it parallel with the bone and along the grain. In carving the upper part, begin at the edge, cutting the slices down to the bone, and adding, if required, a portion of the marrowy fat from the under side.

The RIBS of beef are carved in the same way as the upper part of the sirloin.

Round of Beef.

A thick slice must first be cut off to give a smooth, even surface ; all that is then required is a sharp knife, and a firm hand to cut thin slices and leave the joint quite smooth.

In the BRISKET and other joints of beef it is only necessary to carve the meat in neat slices across the grain.

Fillet of Veal.

The fillet of veal, like the round of beef, is to be carved in horizontal slices, not quite so thin as those of the beef ; and with each must be included a portion of the fat and the forcemeat, and, if desired, of the brown outside slice. In this joint, as in all cases, the gravy must be added in small quantity.

Loin of Veal.

The loin is usually cut across in two portions, the chump, or fleshy end, and the kidney, or bony end, which is the most delicate, and must be divided across ; each slice either including a bone, or the portion of meat between each two bones ; to this must be added a thin slice of the kidney, and a portion of the fat round the kidney, which is very rich. The chump end is carved in slices across the grain.

Breast of Veal.

The brisket, or gristles of the breast, must be separated from the thin rib-bones, and then divided into transverse sections for helping ; the ribs are easily carved. These parts may be helped together or separately, as may be liked, with the addition of a small portion of the sweetbread.

Shoulder of Veal or Mutton.

Insert the knife at the outer edge and cut directly to the bone ; this will open in a deep gap, from each side of which slices may be obtained. Other slices may be carved along each side of the blade-bone ; many prefer the rich and delicate slices from the under part of the shoulder, under the shank, or obliquely in the hollow under part. Veal is generally served with a forcement stuffing, of which a part must be helped with each slice.

Saddle of Mutton.

The common way of carving this joint is still by cutting thin slices of the lean along the bone, and adding a portion of fat ; but the improved mode is to cut across the grain, by passing the knife straight along one side of the chine close to the bone, to enable you to disengage the slices easily, and then cutting obliquely lean and fat, beginning near the tail.

The saddle of lamb is carved in the same way.

Haunch of Mutton or Venison.

Cut across the joint below the knuckle, down to the bone, that the gravy may run out ; from thence, carve it in long thin slices to the lower end of the loin, by which means the fat and lean are well mingled. The kidney fat, if the meat be fresh, is very rich, and usually much in request ; but in venison long kept, it is often uneatable.

Leg of Mutton.

Unless any particular part be called for, the usual mode of cutting a leg of mutton is to cut it across down to the bone, and take out slices, not too thin. It may be carved longitudinally like the haunch, by which mode a great number of good slices are obtained ; or some prefer the delicate meat on the underside, beneath the kernel of fat called the Pope's eye, which is the prime fat of the joint.

Quarter of Lamb.

It is the fore-quarter only which is served whole, and then the shoulder is often separated before it is served, after which, a slice of butter, a little lemon-juice, and a sprinkling of salt and pepper are introduced, and the shoulder restored to its place. The breast and shoulder are then separately carved as directed for the breast and shoulder of veal.

Tongue.

When a tongue is served without rolling, which is seldom the case now, it must be carved by cutting across the middle, but not quite through, and from thence sliced, not too thin. A little fat from the root underneath must be added. When rolled and pressed as directed (No. 566), the slices are carved horizontally as in a fillet of veal.

A Sucking Pig.

Before it is sent to table, the head is removed and opened, and the body split in two, thus rendering it very easy to carve. First separate the shoulders, then the legs from the body. The triangular piece of the neck between the shoulders is reckoned the most delicate part, and the ribs the next best. The latter are easily divided according to the number of guests, being commonly little more than gristle; there are choice bits also in the shoulders and thighs; the ear also is reckoned a delicacy. The portion of stuffing and gravy must not be forgotten by the carver.

A Calf's Head.

When served without boning, either entire or divided, it must be carved in slices along the cheek-bone, including the gelatinous skin. The part called the throat sweetbread, which lies at the neck and is considered a great delicacy, the flesh of the eye, and the palate, must also be carefully cut out, to be helped when required.

Ham.

A ham for family use is usually commenced at the knuckle and carved in slices as long as it will last, but the best slices lie in the middle, and may be obtained by cutting at once down to the bone perpendicularly, and from thence drawing thin, even slices. The modern method is to cut a round piece from the centre, and continue to take smooth circular slices from it, which are thus fairly mixed fat and lean; and the moisture of the ham is preserved.

Goose.

All descriptions of poultry require a nice art in carving, for, if the joints are not skilfully taken off, not only the fowl itself is rendered unsightly, but the hacked joint is uneatable, the flavour ruined, and the appearance disgusting. A goose ought never to be entirely carved at table, as the operation is somewhat long, and cannot be effected without some little difficulty. For a small party, the fleshy slices on each side of the breast, till you come to the pinion, may be first cut, and then, if it be necessary, the legs may be taken off, by putting the fork through

the small end of the leg bone and pressing it close to the body to raise the joint, then passing the knife under the leg to the joint, and turning the leg back with the fork ; and if the goose be young, it will easily come away ; or the joint may be turned from the socket with the knife. The upper or thigh bone of the leg is the best part next to the breast. If more be needed, the pinions can be removed in the same way as the leg, and the merrythought and neck bones easily removed. To obtain the stuffing, the skin below the breast, called the apron, must be opened in a curved direction, and the onion, &c., drawn out with a spoon.

It is a good plan to have the principal joints of the bird carved in the kitchen, and skewered neatly with small *atelets* before serving.

Turkey.

The meat on the breast of a roast or boiled turkey is usually sufficient to serve the party, if neatly carved. A sharp knife must be passed down to the bone, beginning close to the wing, and thin slices taken out, first on one side and then on the other, including the forcemeat in the breast, till the whole is exhausted ; then, if necessary, though this is rarely required, the legs may be separated in the same way as the legs of the goose, and the upper part of the leg helped : this is divided by using the knife against the inside of the joint, where it enters with much less difficulty than on the outside.

Roast or Boiled Fowls.

The joints of a fowl, when it is entirely dissected, consist of the wings, the legs, the merrythought, the neck side-bones which lie under the wings, the breast, the back with its side-bones, on the upper part of which lies the delicate morsel called the "Oyster." But usually, except in family parties, the whole is not cut up. The fork must be firmly placed in the breast ; then draw a straight line on each side, between the leg and the body, including a slice of the breast with the wing bone, which may be dexterously torn off, when the wings are removed, by passing the knife under it close to the neck ; the merrythought may be raised, the legs taken off in the same way as those of the turkey and goose, and the neck bones may be

easily twisted off with the fork. The breast, with the meat left upon it, is then separated from the back by cutting through the tender ribs on each side, and if required the back can be turned over, the side-bones turned out, and finally the separation of the backbone in the middle leaves the neck and rump part of the back in two pieces.

In a very large fowl, an extra slice may be taken from the breast before it is removed.

DUCKS and GUINEA FOWLS are carved in the same way.

A PHEASANT is also carved like a fowl, only the breast must be carved in slices, as long as it will last, as it is the prime part.

A WILD DUCK, in the same way.

Partridge, Grouse, &c.

The partridge, or the grouse, if not very large, is usually carved by separating the breast and wings from the back and legs, by inserting the fork inside the back, passing the knife under the breast, and thus dividing it with the wings from the back; then divide the breast from the neck down into two parts, and the back and legs in the same way. But a large bird may be carved like a fowl, and if the company be numerous, the back, which, in the grouse especially, is of most delicate flavour, must be skilfully portioned out.

PIGEONS and other small birds are divided in two, like the partridge.

Woodcock or Snipe.

The woodcock is usually divided longitudinally down the middle, unless the party be large enough to require a subdivision into three or four parts. The thigh and the back are the choice parts, and each person should have one or other, together with a portion of the toast on which the bird is served.

The SNIPE is too small to be divided into more than two parts, split down the middle.

Hare.

It is not now the custom to cut up a hare entirely at table, as the meat is apt to grow cold, under the hands of a slow operator. Long slices on each side of the back are cut, or if

the backbone be removed, the slices are easily cut across, to supply a moderate party. If necessary, however, the legs can be taken off and divided into two pieces, the thigh being a choice part. Finally the shoulders, or *wings* can be carved. A portion of the forcemeat should accompany each help.

A RABBIT is carved like a hare, except that the back, not being so fleshy as that of the hare, instead of being sliced, is usually divided by the joints into three pieces.

Meringue—Iced with sugar and egg.

Meringues—Small cakes of sugar and egg.

Miroton—Meat cooked in a large slice.

Nougat—An almond candy.

Nouilles—Strips of paste made of eggs and flour.

Paner—To cover with fine crumbs of bread.

Panure—The meat which is covered with crumbs.

Papillotes—The papers in which pieces of meat, &c., are enveloped and broiled or fried.

Pâté—A small pie.

Paupiettes—Rolled slices of meat.

Pièce de Resistance—The principal useful joint of the dinner.

Pilau—An eastern dish of rice and meat.

Potage—Soup.

Pot-au-feu—The common *bouillon* of the French peasant.

Printaniers—The early spring vegetables.

Purée—Vegetables, &c., reduced to a pulp.

Quenelles—Small moulds of minced meats, or forcemeats.

Rifacimento—Meat dressed a second time.

Rissoles—Small pastry with minced meat fried.

Rôti—Roast meat.

Roux—The thickening for white or brown sauces.

Relevés—The remove dishes.

Sauté—Shaken about while fried.

Serviette, à la—Served on a napkin.

Soufflé—A very light pudding.

Stock—The broth which forms the foundation of soups.

Tamis—A strainer of fine woollen.

Vol-au-vent—A light small pie.

CHAPTER II.

GRAVIES AND SAVOURY SAUCES.

ONE of the great triumphs of cookery is invariably to send to table good pure gravy, and appropriate sauces, to every dish. The natural gravy of the meat is always the most delicious, and can never be perfectly imitated; but in dry or insipid meats it is necessary to obtain some substitute for this; and the nicety in preparing and combining juices and essences to produce good gravies and sauces, is a proof of the skill and judgment of the cook. It is not certainly the extravagant, but rather the economical and ingenious cook, who has always at hand ample and fitting materials for excellent gravies, and well-flavoured sauces. We will first speak of gravies; without which the finest joint sent to table is tasteless and untempting.

Gravies.

The chief materials for making gravies are, the bones of any kind of meat, fowls, or game, which have not been dressed, and still retain a certain amount of flavour and juice; coarse pieces of beef, shanks of ham, &c., form the foundation of gravies, which may be coloured in various ways as described in the receipt, always taking care that the colouring matter shall not produce any peculiar flavour that may lead you to detect the materials by which the colouring has been effected. In fact, all the ingredients which form stock soups (see page 59) will also be useful for gravies; yet care must be taken not to send to table a weak decoction of meat, or simply broth; but the jelly or *glaze*, extracted as we shall direct.

1. *To Draw Beef Gravy.*

Cut up any coarse beef as thin as possible, put it into a stew-pan, cover it up, use no water or butter, but throw over it a few grains of salt; put it at the side of the fire till the gravy

oozes from the meat and glazes on the bottom of the pan; then pour in as much hot broth as will cover the meat, and let it stew till all the juice of the meat is extracted. This pure gravy may afterwards be enriched by seasoning, or flavoured by herbs; but if not wanted immediately, it should be set aside to cool, and the fat which may collect over it should not be removed till the gravy is wanted.

2. *Clear Beef Gravy.*

Slice thin two pounds of fresh, lean, juicy beef, broil one pound over a clear fire about five minutes, to colour the gravy, put the broiled and raw beef into a stewpan, and pour over it a quart of boiling water. Stew gently for half an hour, then skim off the fat, and add two onions sliced and fried, a bunch of sweet herbs, two cloves, six peppercorns, and a teaspoonful of salt. Stew for two hours, then strain, and simmer till it is reduced to a pint. Let it cool, that you may remove any fat, and heat it when wanted.

3. *Rich Brown Gravy.*

Slice three pounds of lean beef and two onions, flour them and fry in butter a pale brown; drain them from the fat, and put in a stewpan with half a pound of lean ham minced. Pour a quart of boiling water over the browning in the frying-pan for five minutes, then add it to the meat; when it has simmered half an hour add a sprig of parsley, thyme, and savory, two cloves, a blade of mace, six peppercorns, and a teaspoonful of salt; simmer and skim for three hours, then strain it, and let it cool. Take off the fat before you heat it for use.

4. *Roux or Thickening for Gravies.*

A *roux* is merely butter dissolved over a slow fire, and gradually mixed with flour in the proportion of three ounces of flour to four of butter; it should be stirred in the pan continually, to obtain the requisite smoothness, and if wanted for brown gravies, should be allowed to remain till it becomes a light brown. For white sauces, it must be taken off before it begins to colour. It is advisable to keep the *roux* in a covered jar ready for use. A spoonful added to any gravy is commonly sufficient.

5. *Cullis.*

Lay at the bottom of a stewpan two pounds of lean veal, cut from the fillet about an inch thick; cover the veal with one pound of ham in thin slices, two sliced onions, one bay-leaf, a teaspoonful of white pepper, two blades of mace, and three cloves. Cover the stewpan and set it by the side of a slow fire, till the gravy begins to glaze at the bottom; then put in a quart of strong, clear beef stock; stew four hours till it be reduced to a pint, thicken with two ounces of butter rolled in flour; when this is well mixed, strain the cullis and set it to cool. Take off the fat whole when you want to use any of the cullis, which will be a jelly.

6. *Veal Gravy.*

Put two pounds of veal and one pound of ham sliced into a stewpan. Cover with four tablespoonfuls of *bouillon*, and stew gently for an hour, till it begins to glaze; then add a quart of *bouillon*, and stew for two hours. No seasoning or vegetables should be introduced; strain and set by for use.

7. *Economical Gravy for a Fowl.*

If it be necessary to dress a fowl when you have no fresh meat or stock ready for gravy, a very good substitute may be made by washing the feet of the fowl very clean, cutting up the liver, the gizzard, and the neck, and laying them all in a saucepan. Add to these a single slice of onion, and a small slice of bread fried, a sprig of parsley and thyme, and half a teaspoonful of mixed pepper and salt; cover with half a pint of hot water, and stew till half reduced; then take out the liver and pound it, and strain the rest of the gravy over it. Add a teaspoonful of mushroom ketchup, shake it for a minute over the fire, and it will be ready for use.

8. *Brown Gravy (maigre).*

Put into a stewpan four ounces of butter rolled in flour, and an onion sliced; let them brown a few minutes, then add half a teaspoonful of grated lemon-peel, two bruised cloves, a teaspoonful of salt, half as much pepper, and an anchovy. Add to it by degrees half a pint of water and half a pint of ale.

Simmer for twenty minutes ; skim off the fat, add a spoonful of mushroom ketchup, strain the gravy, and let it stand to cool, and heat it when the fat is removed.

9. *Root Gravy for Ragouts of Fish (maigre).*

Cut up two turnips, two carrots, two heads of celery, two eschalots, one clove of garlic, and two onions ; put all into a stewpan with two ounces of butter, and fry till they glaze ; then add two more ounces of butter rolled in flour, a teaspoonful of salt, a quarter as much cayenne, a blade of mace, and two cloves ; and moisten with a quarter of a pint of fish stock or cold water, a sprig of parsley, of thyme, and of basil, and a few mushrooms if possible. Stew for a quarter of an hour, then add two glasses of light white wine, and in five minutes strain it off. This is an excellent gravy for any preparation of fish or vegetables, as a maigre dish.

10. *Espagnole.—A very rich brown Gravy.*

Put into a stewpan three ounces of butter, half a pound of ham or bacon sliced and uncooked, lay over this two pounds of beef or veal sliced, a carrot sliced, an onion with four cloves stuck in it, a small bunch of thyme, savory, and parsley, a head of celery, two eschalots, a quarter of the thin peel of a lemon, and a dozen peppercorns. Shake the pan round over the fire till the butter be dissolved, then add by degrees one pint of *bouillon*, or gravy. Let it simmer over a slow fire half an hour, till it is reduced and browned, then add another pint of *bouillon*, or gravy, and simmer for two hours ; if required very good, add a glass of Madeira ; strain the gravy, let it stand to be cold, then take off the fat, and heat when wanted.

11. *Gravy for Goose or Duck.*

Put into a stewpan two ounces of butter, a small onion sliced, and two or three leaves of sage minced ; brown a little, then sprinkle over a teaspoonful of salt, half a teaspoonful of pepper, a quarter of a teaspoonful of Cayenne, and a teaspoonful of unmade mustard ; then gradually add a quarter of a pint of gravy or beef-stock, and a glass of port wine ; simmer ten minutes, strain, and serve it hot round the bird.

12. Jelly for Gravy or Pies.

Take two pounds of the knuckle of a leg or shoulder of veal, and half a pound of lean, undressed ham or bacon ; put into a stewpan with two eschalots, a sliced carrot, a small bunch of herbs, four cloves, two blades of mace, a small slice of lemon-peel, a teaspoonful of salt, half a teaspoonful of cayenne, six peppercorns, and a lump of sugar ; add three pints of cold water ; cover the stewpan and let it simmer slowly five hours, removing the scum as it rises. Run it through a sieve or jelly-bag, and let it stand to be cold ; then carefully remove the fat. It ought to be quite clear without any clarifying.

The bones, necks, and heads of fowls, with a little stock or an ox-tail, will make very good jelly if boiled down carefully.

13. Jelly for Fish Pies or Glazing (maigre).

A skate or any bony fish, with any remains of cold fish, should be laid at the bottom of a stewpan rubbed with butter slice over them two eschalots, a carrot, and a bunch of herbs, with two teaspoonfuls of salt, two blades of mace, six peppercorns, and half a teaspoonful of cayenne ; pour over them two quarts of water or one quart of fish stock ; cover the pan, and stew for three hours, or till it be quite a jelly ; strain it, then put it in the pan again with a slice of lemon-peel, a teaspoonful of lemon-juice, the whites of four eggs beat well and carefully added, and a glass of sherry ; simmer a quarter of an hour longer ; then strain again, and leave to cool and stiffen. This jelly looks well on cold fish or fish pies.

SAUCES.

The most costly and rich viands brought to table are worthless if served with ill-made or unsuitable sauces, or without the peculiar sauce which forms the true finish of the meat. Some kinds of meat, fowls, and fish especially, are tasteless or insipid without the appropriate relishing sauce. The best sauces have been invented by the French, and are now commonly adopted here : for we have become ashamed of the stigma of being a

nation with *one* sauce—melted butter—and that one sauce unhappily seldom well made. It is essential that sauces should be served hot, but they should never be allowed to boil; the great defect in a slovenly cook is more frequently inattention than ignorance; and even plain melted butter is ruined if not watched, and stirred incessantly. Cream and eggs also require strict attention, or they will curdle the sauce, and acids or pickles need the same care.

14. *To make Good Melted Butter.*

In this simple preparation, the foundation of so many of our English sauces, the cook must remember it cannot be even tolerable *without* butter. The parsimonious plan of substituting eggs or milk, produces a mess of unpalatable liquid absolutely disgusting, without even being economical, as butter well melted would cost little more. Roll into four ounces of butter a dessertspoonful of flour, then cut the butter into small pieces and put into a saucepan, with half a pint of cold water and half a teaspoonful of salt; shake it continually round, always the same way, over the fire, till the butter melts and the sauce is at a simmering heat, then send it in immediately. Half the quantity of butter is sufficient if you use milk instead of water; and three ounces of butter will make a good sauce for any very rich viand. Never use egg in what ought simply to be melted butter.

15. *Bechamel.*

Cut into pieces two pounds of lean veal and half a pound of lean ham; put them into a stewpan, with two ounces of butter; let the whole simmer ten minutes, taking care it does not brown; then add three or four green onions, a few mushrooms, and a sprig of parsley, all cut up, a blade of mace, and a teaspoonful of white pepper; pour over these a pint of veal broth or stock, and simmer till reduced half. Skim, and strain it. Put it over the fire, with half a pint of good cream thickened carefully with a tablespoonful of flour, and simmer for half an hour.

16. *Dr. Kitchener's Burnt Butter Sauce.*

Put two ounces of butter into a frying-pan, and stir it till it is browned, then add two tablespoonfuls of hot vinegar, a tea-

spoonful of salt, and a quarter as much Cayenne. This is a good sauce for boiled fish, or to pour over poached eggs.

17. *Good White Sauce.*

Put into a stewpan half a pint of white stock, with half the thin rind of a lemon, an eschalot, six white peppercorns, a blade of mace, and a teaspoonful of salt; stew for a quarter of an hour, then strain, and add an ounce of butter rolled in flour, and a quarter of a pint of cream; simmer for five minutes, then stir rapidly in half a teaspoonful of lemon-juice, taking care it does not curdle. If cream cannot be had, new milk beat up with the yolk of an egg may be substituted. Remember, this sauce must be really white or ivory-colour.

18. *A Rich White Sauce.*

Rub a dessertspoonful of flour into eight ounces of butter; put it into a saucepan, and shake it round till the butter is dissolved; add three tablespoonfuls of cold water, and continue to shake round till all is hot; then put in half a teaspoonful of salt, an anchovy chopped very fine, and a quarter of a pint of cream, and, as soon as it simmers, add a spoonful of Indian soy and half the juice of a lemon; stir the sauce briskly for a minute, to prevent it curdling; then pour it into the tureen. This is a good sauce for boiled turkey or for fish.

19. *White Mushroom Sauce for Fowls.*

Wash and trim half a pint of button mushrooms, rub them with salt, to remove the outer skin; put them into a saucepan with a teaspoonful of salt, a blade of mace pounded, and as much nutmeg, grated; add two ounces of butter, rolled in flour; shake the pan round till the butter be melted, then put in half a pint of hot cream. Simmer for ten minutes, then pour the same, with the mushrooms, into a tureen, or serve round fowls or rabbits. This is an excellent sauce, and, if fresh mushrooms cannot readily be obtained, you may use white pickled mushrooms.

20. *Lemon White Sauce for Fowls.*

Put the thin rind of a small lemon into a saucepan, with a quarter of a pint of white stock, six white peppercorns, and

half a teaspoonful of salt ; simmer gently for a quarter of an hour, then strain it, and add half a pint of good cream, hot. If you wish the sauce particularly rich, you may add four ounces of butter, rolled with a dessertspoonful of flour ; but the sauce will be very good without it, by stirring in the flour gradually with the cream. Simmer it for five minutes, then add carefully a tablespoonful of lemon-juice, stirring it well to prevent curdling. This is an excellent sauce for fowls or rabbits.

21. *Oyster Sauce, White, for Fowls.*

Open and beard three dozen oysters, pour the liquor from them into a saucepan, and bring it to boil with the beards ; then strain the liquor, and put it into a clean saucepan, with three ounces of butter rolled in a dessertspoonful of flour, and a quarter of a pint of hot cream ; simmer for five minutes, then put in the oysters, and let the saucepan stand by the side of the fire ten minutes to plump them ; they would be hard and indigestible if suffered to boil. Half a teaspoonful of white pepper and as much salt may be added, but no other seasoning, that the flavour of the oyster may be pure and unmixed.

22. *Celery Sauce.*

Cut into small pieces four heads of celery ; put them into a saucepan with a teaspoonful of salt and a blade of mace, and cover with boiling water ; keep it at the boiling point over the fire for ten minutes ; then take out the celery, and drain it. Put into a clean saucepan, with half a pint of veal broth or stock, and stew gently for half an hour, or till the celery be tender as pulp ; then add two ounces of butter, rolled in flour, and a quarter of a pint of cream, and shake gently over the fire for ten minutes. Like oyster sauce, celery sauce is spoiled by any mixture of seasoning. It may be served over fowls, or sent in separate, in a tureen.

23. *Bread Sauce.*

Cut an onion into four, and put it in a saucepan, with a teaspoonful of salt, six white peppercorns, and a blade of mace ; cover with half a pint of milk, and boil till the onion be soft ; then strain the milk through a tamis, and pour it over half a pint of the finest grated breadcrumbs. Cover, and let it stand

half an hour, till the crumbs have imbibed the milk. Heat in a saucepan a quarter of a pint of cream, and stir the crumbs into it; keep stirring it continually, but do not let it boil; as soon as sufficiently thick, serve it. It may be rendered richer with butter rubbed in flour; but if you use good cream, this is unnecessary.

24. *White Onion Sauce.*

Peel and cut in halves six large onions. If Portuguese onions can be had, they are the most delicate, and two will then suffice, as they are larger than the English bulb; put them into a saucepan with plenty of cold water, and boil gently for an hour, or till they become perfectly soft; then drain; chop and bruise them, and put into a clean saucepan, with half a pint of milk and a teaspoonful of salt; simmer a quarter of an hour, then rub through a tamis, and put back into the saucepan, with half a pint of cream, and simmer for ten minutes longer. If for boiled rabbits, there must be a sufficient quantity to pour over, or smother them.

25. *Chestnut Sauce for Fowls.*

This simple sauce is becoming very generally used for boiled fowls. Roast a dozen chestnuts till quite tender; pound them to a smooth paste, with a teaspoonful of salt, half as much white pepper, and two tablespoonfuls of cream, or, if cream is not at hand, an ounce of butter. Put the paste into a saucepan, and mix with it by degrees half a pint of boiling milk or cream; stir till fully blended, then pour over, or round the turkey or fowls. This sauce is cheap and delicious.

26. *Parsley Sauce.*

This old-fashioned and thoroughly English sauce still preserves its place in many families, and, when well made, is a delicate and simple relish to fowls and fish. Get fresh parsley, if possible, wash it very clean, pick the leaves, and put them into boiling water, with half a teaspoonful of salt. Let it boil ten minutes, and drain upon a sieve; then mince the leaves as fine as possible, and bruise them into a pulp. Put this into the tureen, and pour over, mixing, as you pour it, half a pint of

well-made melted butter, and serve it in the tureen ; not over the fowl or fish.

Parsley may be preserved for winter use by boiling fresh-gathered sprigs in salt and water, drying them on a sieve before the fire as quickly as possible, and storing in a tin box or covered bottle for use, keeping it in a dry place. When wanted for use, steep the parsley in warm water for a few minutes, and it will taste quite fresh.

27. *Egg Sauce.*

This is another of the old English sauces, and is still liked by some as an accompaniment to roast fowls, and as a necessary palliative to that dry and little-approved dish, salt fish. Boil four eggs for twelve minutes, then put them into cold water for ten minutes, or till you want them, to harden the yolks, and prevent the discoloured surface. Shell the eggs neatly, and cut in two ; separate the yolks and whites, and use only two of the whites, cutting them into dice about a quarter of an inch square, the yolks a little smaller ; put them into the tureen, and pour over them half a pint of melted butter, mixing the egg well as you pour.

28. *Fennel Sauce.*

This sauce is used for salmon, mackerel, soles, or trout. For salmon we think no better sauce can be found, as it corrects the richness without interfering with the flavour of the fish. This beautiful vegetable, commonly used as a salad or *hors d'œuvre* in Italy, and in fish soups in France, is seldom seen at table in England, though plentifully grown. Pick the leaves, wash and scald them in salt and water in the same way as parsley, mince and bruise them ; season with half a teaspoonful of salt and a quarter as much Cayenne ; then pour over them good melted butter, and stir till the fennel be well mixed. French cooks add a tablespoonful of blanched and bruised gooseberries to this fish sauce.

29. *Caper Sauce for Boiled Mutton.*

Make a very rich melted butter, and, while over the fire, stir into it a tablespoonful of capers, chopped in two. Some cooks use them whole, but the flavour is not fully obtained in that

case. Add a teaspoonful of the vinegar from the capers, or Chili vinegar, for the capers left in the bottle should be perfectly covered with vinegar. Use no other seasoning with the sauce. Pickled nasturtiums are sometimes used, chopped small, when capers are not at hand, but a still better substitute is laver, or a pickled gherkin, minced. The sauce may be served over the mutton or in a tureen. When used for a fish sauce, it is necessary to add some strong seasoning—Cayenne, and mushroom or walnut ketchup.

30. *Eschalot Sauce for Boiled Mutton.*

Mince four eschalots, and put them into a saucepan with half a teaspoonful of salt, a quarter of a teaspoonful of pepper, and a quarter of a pint of mutton broth, and stew gently till half the liquor be wasted and the eschalots perfectly tender; then add two teaspoonfuls of Chili vinegar and a quarter of a pint of rich melted butter. Take care it does not boil, but, as soon as well mixed, serve it with, or over, the mutton.

31. *Eschalot Sauce for Game.*

Make a pint of good melted butter, and, as soon as it begins to heat, add four boiled eschalots minced very fine, and simmer for ten minutes. This is an excellent sauce, for partridges especially; and, if eschalots are not at hand, an ounce or two of minced Portugal onion may be substituted.

32. *Brown Onion Sauce.*

Take two large onions, peel the outer skin off only, and cut off the strings and tops; put them in cold water, with a teaspoonful of salt, for an hour; then drain, and slice them; fry them lightly in butter; put them into a saucepan, with as much brown gravy as will cover them, a teaspoonful of salt, half as much mustard, and a quarter of a teaspoonful of pepper; stew very gently, adding a little gravy to keep the onions continually covered, till they become a pulp, then add a quarter of a pint more of the gravy to thin it; pass the whole through a tamis, and serve it hot.

33. *Garlic Sauce.*

Take two cloves of garlic and pound with two ounces of butter and a teaspoonful of salt in a mortar, till quite smooth;

pulp it through a sieve, add a tablespoonful of lemon-juice, then blend it gradually over the fire into half a pint of melted butter, and serve in a tureen.

34. *Sorrel Sauce for Roast Lamb or Fowls.*

Wash and clean a quart measure of fresh sorrel leaves ; put them into a stewpan with two ounces of butter, a teaspoonful of salt, and half as much white pepper. Stir it over the fire for twenty minutes, or till quite tender ; then pass it with a wooden spoon through a sieve, and put it into a saucepan with a quarter of a pint of brown gravy, or as much cream, if wished white for fowls, and half a teaspoonful of powdered sugar. When hot, serve it up under the meat.

35. *Tomata Sauce.*

Cut in two, twelve perfectly ripe red tomatas ; press the seeds and watery part out ; then put them into a saucepan, with a quarter of a teaspoonful of cayenne, and a quarter of a pint of gravy ; cover and set by the side of the fire to stew gently for an hour ; when the fruit should be melted, press it through a sieve, and simmer the sauce over the fire a few minutes, adding half a teaspoonful of salt ; serve in a tureen.

36. *Liver and Lemon Sauce for Fowl.*

Wash the liver of the fowl quite clean, and boil it for five minutes ; then pound it in a mortar with a spoonful of the liquor in which it has been boiled, and rub it through a sieve. Take the thin outer rind of a lemon and mince half a teaspoonful very fine ; remove the white inner skin of the lemon ; cut it into thin slices ; take out the seeds, and then cut up the whole into small squares ; mix the lemon, the rind, and the pounded liver into half a pint of good melted butter, or white sauce, and serve with the fowl.

37. *Brown Mushroom Sauce.*

Peel and prepare half a pint of small mushrooms ; put them into a saucepan with half a pint of beef gravy, a teaspoonful of salt, and half a teaspoonful of pepper, an ounce of butter rubbed into a dessertspoonful of flour ; stew very gently over a slow fire from twenty minutes to half an hour, that the mush-

rooms may be perfectly tender. Then rub them through a sieve, and serve the sauce with boiled fowls, or veal, or with veal cutlets, or olives. This strained sauce is better than sending it in with the mushrooms, which, after stewing, are notoriously indigestible.

38. *Truffle Sauce.*

If truffles can be obtained fresh and new, nothing can be more delicious in stew, gravy, or any highly-flavoured dish ; but when dry, it is merely the flavour you can obtain from them which communicates a rich flavour to the sauce that can never be imitated. Chop three or four truffles very small, with half a clove of garlic, add two ounces of butter, and shake them for ten minutes over the fire in a saucepan ; then add half a teaspoonful of salt, and half as much pepper ; cover with a quarter of a pint of *bouillon*, and a glass of thin white wine, simmer for twenty minutes, then skim off the fat and serve.

39. *Cucumber Sauce.*

Pare and slice three small young cucumbers, take out the seeds, dredge them lightly with pepper and salt, and fry them in butter a light brown ; then put into a saucepan with half a teaspoonful of powdered mace, and as much salt, cover with a quarter of a pint of *bouillon* or stock and simmer gently for three quarters of an hour till the whole be reduced to a pulp. Then stir in by degrees half a pint of good melted butter, or white sauce, according to the dish it is intended to accompany, and when hot, serve in a tureen.

40. *Horseradish Sauce, cold, for Roast Beef.*

Grate two tablespoonfuls of horseradish, pound it in a mortar, with a teaspoonful of salt, half a teaspoonful of mustard in powder, and half a teaspoonful of sugar in powder ; mix it gradually with four tablespoonfuls of cream, and then stir in quickly two tablespoonfuls of vinegar.

41. *Horseradish Sauce, hot.*

This stimulating sauce is chiefly used for insipid meats, or for boiled fish. Grate and pound the horseradish, salt, mustard, and sugar, as in the preceding receipt, with the

addition of a clove of garlic and two ounces of butter ; when all reduced to a paste, put it into a stewpan with half a pint of brown gravy, simmer half an hour, then stir in quickly one tablespoonful of vinegar, one of port wine, and a quarter of a teaspoonful of Cayenne. In five minutes the sauce will be ready.

42. *Grill Sauce.*

Put into your saucepan one ounce of butter rolled in flour, one teaspoonful of made mustard, two teaspoonfuls of lemon-juice, one teaspoonful of chopped capers, a teaspoonful of salt, half as much black pepper, a quarter as much Cayenne, and as much of grated lemon-peel, and of minced eschalot ; pour over these half a pint of clear strong gravy and simmer very quietly for a quarter of an hour. Pour part of the sauce over the grill, and send in the rest in a tureen.

43. *Hot Sauce for broiled or devilled Bones.*

Put into a stewpan two tablespoonfuls of flour rolled in butter, and shake it round till the flour be lightly browned ; then stir into it a quarter of a pint of strong gravy till it is a light batter, add a tablespoonful of walnut ketchup, a tablespoonful of port wine, a teaspoonful each of essence of anchovy, chopped capers, chopped eschalot, and made mustard, and a quarter of a teaspoonful of Cayenne. Simmer for five minutes then serve it round the broil.

44. *Sauce for Venison.*

Stew any trimmings of the venison for half an hour, very gently, in half a pint of mutton gravy, strain it, and put into a saucepan with a large tablespoonful of currant jelly, an ounce of powdered sugar, and a quarter of a pint of port or claret. Simmer for five minutes, then serve hot in a tureen.

45. *Sharp Sauce for Venison.—Sauce Piquante.*

Put into a saucepan half a pint of white wine vinegar, a quarter of a teaspoonful of Cayenne, and a quarter of a pound of powdered sugar ; simmer for ten minutes, skimming it carefully, then add a glass of claret, and simmer as long again. Strain and serve it hot in a tureen.

46. Currant Sauce for Venison.

In some families the old-fashioned currant sauce is still used for venison and roast pig, though exploded at fashionable dinners. Boil two ounces of well-cleaned currants for five minutes in half a pint of water, then add two tablespoonfuls of finely-grated crumbs, six cloves tied in a piece of muslin, an ounce of butter, and a glass of port wine ; simmer gently over the fire for ten minutes, stirring it till perfectly smooth ; take out the cloves ; serve in a tureen. In our opinion, the currants make a better sauce sent to table dry, without the crumbs, which produce a sort of pudding.

47. Sicilian Sauce for Roast Fowl.

Mince very small half a pound of undressed lean ham, put it into a saucepan with half a pint of cold water, cover it and stew gently for an hour till it be greatly reduced, strain it, and put into a clean saucepan with a teaspoonful of coriander-seeds, and four cloves finely pounded, half a lemon, rind and pulp, cut in thin slices, and half a pint of good gravy ; simmer for ten minutes, then add two cloves of garlic, a head of celery, and six peppercorns ; simmer for half an hour, add a glass of sherry, and an ounce of butter rolled in flour ; simmer for five minutes more, then skim and serve hot. It is an excellent sauce for white meats.

48. Apple Sauce for Roast Goose.

Pare, core, and slice three large baking apples ; put them into an earthenware jar with two tablespoonfuls of water, cover the jar, and put into a slow oven for three quarters of an hour, then add half a teaspoonful of powdered sugar, and half an ounce of butter, and beat with a fork into a light pulp. Serve in a tureen.

49. Sauce for Wild Duck.

Mix gradually in a basin one dessertspoon of lemon-juice, one of powdered sugar, one of walnut ketchup, one of Harvey's or Worcester sauce, three of port wine, one saltspoon of salt, and half as much Cayenne. When all are well mixed, heat the sauce thoroughly, and send it in a tureen. It must be poured over the breast of the bird as soon as it is cut, that it may

mingle with the drawn gravy ; no other gravy should be served with the duck.

50. *Orange Sauce, for Wild Fowl or Game.*

Put into a saucepan half a pint of good gravy or Espagnole, with a whole onion, half the thin rind of a Seville orange and the whole of the juice, a teaspoonful of powdered sugar, the same of mustard, a quarter as much Cayenne, and a glass of port wine ; simmer for ten minutes, strain, but do not press the onion, for the sauce must be thin. Serve it hot in a tureen.

51. *Sauce Robert.*

This useful sauce, which everybody professes to make, is rarely found twice alike. We recommend the following receipt. Take the inner and outer skins from four good-sized onions, slice, and cut into dice, fry them in two ounces of butter rolled in flour, stirring them round till perfectly browned, then add four tablespoonfuls of good brown gravy, one of vinegar, a teaspoonful of salt, and half as much pepper ; let the sauce simmer ten minutes at the side of the fire, then skim it carefully and add a teaspoonful of made mustard, and as much lemon-juice ; let it be hot, and serve it. If with steaks or chops, it is usually poured round.

52. *Italian Sauce.*

Put into a stewpan two tablespoonfuls of good olive-oil, and add to it two tablespoonfuls of minced mushrooms, and a clove of garlic, also minced, with two cloves ; fry gently and turn them over for ten minutes, then remove the cloves and the garlic, and drain the mushrooms from the oil, and put into a *bain-marie* with half a pint of gravy or Espagnole, and a glass of any light white wine ; skim it, and serve hot.

53. *Sauce à la Poivrade.*

Put into a stewpan two onions, an eschalot, a carrot, a small turnip, and a clove of garlic all sliced, with a thin slice of ham and two ounces of butter. Season with a blade of mace, a clove, and six peppercorns, and stir over the fire till all are well browned ; then add by degrees a glass of port wine, a glass and a half of fine vinegar, a quarter of a pint of Espagnole, and a

teaspoonful of powdered sugar ; stew gently at the side of the fire, skimming it often, for half an hour, then strain and serve it hot. This is a capital sharp sauce.

54. *Sauce à la Maître d'Hôtel.*

This useful sauce is largely used for warming up many kinds of meat, fowl, or fish, and thus making a handsome addition to a dinner. The foundation must be half a pint of clear stock, or gravy; put this into a saucepan and thicken with an ounce of butter rolled into as much flour as will form it into a smooth paste; stir it over the fire till well mixed, then add a teaspoonful of salt, a quarter as much Cayenne, a dessertspoonful of lemon-juice, and as much very finely minced parsley and tarragon. Simmer for a few minutes, and before you serve, thicken with the well-beaten yolks of three eggs, stirred in with great care to avoid curdling.

55. *Dutch Sauce for Perch, Tench, &c.*

Put into a saucepan two tablespoonfuls of cold water and two of vinegar, with two ounces of butter; let all warm gently in a *bain-marie*; then add the well-beaten yolks of three eggs, a teaspoonful of salt, and a quarter as much Cayenne, and stir cautiously and continually till the sauce be thickened. It must not be strained. This is an admirable sauce for pond fish.

56. *Sauce Suprême.*

Put into a saucepan half a pint of veal stock and two tablespoonfuls of *roux*, simmer for ten minutes and in the meantime put some parsley, cresses, and tarragon into scalding water for two or three minutes, mince them very fine, and put into the sauce a dessertspoonful of the mince, and stir it well; then an ounce of butter rolled in flour, a teaspoonful of salt, half as much white pepper, and carefully add a dessertspoonful of lemon-juice, stirring it to prevent curdling. When thick and hot, it is ready, and is usually poured over the meat or fish with which it is served. This is one of the best sauces in use.

57. *Sauce à la Provençale.*

Put into a stewpan two spoonfuls of fine olive-oil with two cloves of garlic whole, two eschalots and six middle-sized

mushrooms cut small; brown them lightly in the oil, then add a small bunch of herbs, two spoonfuls of *bouillon*, and a glass of light wine; let this simmer a quarter of an hour, then take out the herbs and the garlic, put in two more spoonfuls of broth, and simmer a few minutes, skimming off the fat; pass the sauce through a tamis and heat it again, adding a table-spoonful of lemon-juice.

58. *Sauce Indienne, Currie Sauce.*

Fry in a stewpan a good-sized onion sliced, with two ounces of butter, add a drachm of Cayenne, as much nutmeg, two teaspoonfuls of currie powder, and a tablespoonful of vinegar. Stir it round for a quarter of an hour, then strain and mix with a quarter of a pint of rich melted butter. This is a good sauce for cutlets.

59. *Poor Man's Sauce.*

This sauce, notwithstanding its unpromising name, is excellent for roast turkey, and is popular even in France. Put a table-spoonful of finely-chopped parsley, as much chopped eschalot, with a teaspoonful of grated horseradish, into a tureen; sprinkle these with a teaspoonful of salt, and add two table-spoonfuls of oil and four of vinegar. Mix all well together before you send it in.

60. *A Fish Sauce without Butter.*

When it is necessary to avoid the introduction of butter into a fish sauce, put into a saucepan a quarter of a pint of vinegar and half a pint of cold soft water, an onion whole, a table-spoonful of grated horseradish, four cloves, and two blades of mace pounded, a teaspoonful of salt and half as much black pepper; simmer very gently half an hour. Then take out the onion and mince it very fine with two anchovies, stir it into the sauce, beat the yolks of three eggs well, strain, and mix gradually into the sauce, by passing it rapidly from the pan to a basin, and shaking it over the fire for five minutes, when the sauce will be thickened and fit to serve.

61. *A Common Sauce for Boiled Fish.*

Half a pint of veal gravy with two tablespoonfuls of the water in which the fish has been boiled, a whole onion, an

anchovy, and a tablespoonful of walnut ketchup ; simmer for a quarter of an hour, then strain, and thicken with an ounce of butter rolled in flour.

62. *Lobster Sauce.*

This, the most approved of fish sauces, requires great care in the preparation. Choose a good-sized hen lobster, pick off the red coral, as it is called, from the rest of the flesh in the tail, and with the spawn and an ounce of butter, pound it in a mortar to a smooth paste and pass it through a sieve. Season this with a teaspoonful of salt, and a quarter as much of powdered mace and Cayenne, and stir it into three quarters of a pint of rich melted butter ; cut up the rest of the flesh into squares of half an inch, add them, and heat for two minutes over the fire, before you serve in a tureen. Some cooks add anchovy ; but this injures the delicate flavour of the lobster. All fish sauces should be served in larger quantity than those for meat or fowl.

63. *Crab Sauce.*

In the North of England, where crabs are plentiful and cheap, crab sauce is of frequent use for cod-fish, haddock, or other white fish. It will require two moderate-sized crabs to make a large tureen of sauce ; boil them, then pick out the white meat from the large claws, and the coloured meat, called cream, from the body. Divide the flakes of white meat with two forks, mix all together and season with a teaspoonful of salt, half as much pepper, the same of powdered mustard, and a dessertspoonful of vinegar ; stir the whole gradually into three quarters of a pint of good melted butter, heat for two minutes over the fire, and serve in a tureen.

64. *Oyster Sauce for Fish.*

Open forty or fifty oysters, remove the beards, and put them with the liquor from the shell into a saucepan, add a tablespoonful of water and simmer for a quarter of an hour to extract the flavour, then strain through muslin, and add the liquor to three quarters of a pint of rich melted butter, with a teaspoonful of salt and half as much white pepper, and the oysters. Simmer very gently for five minutes at the side of the

fire, then serve in a tureen; add no lemon, nor any stronger seasonings, if you wish to preserve the flavour of the oysters.

65. *Mussel Sauce.*

Mussels require to be well washed and scrubbed in the shells to clear off the sand, then dried and put into a stewpan till they open; then pick them from the shells, remove the beard, and put them with the liquor into a saucepan; add half a teaspoonful of salt, a quarter of a teaspoonful of Cayenne and good melted butter or thick cream in proportion to the quantity of the shell fish.

66. *Cockle Sauce.*

Wash thoroughly in the shells a quarter of a peck of cockles, set them over the fire to open, pick them out of the shells into a saucepan and strain the liquor over them, through muslin, to get it clear of the sand; season with half a teaspoonful of pepper and a dessertspoonful of vinegar. Then stir in three quarters of a pint of good melted butter, shake it over the fire for two or three minutes, and serve it in a tureen. This is a very good sauce with cod-fish, haddock, or whiting.

67. *Shrimp Sauce.*

This is a delicious sauce for salmon, trout, and many kinds of fish; but is rather tedious to prepare. For a large party you will require a quart of shrimps, perfectly fresh, as then they will be easily shelled; put the heads and shells into a saucepan with two tablespoonfuls of water, and boil for a quarter of an hour to extract the flavour. In the mean time make three quarters of a pint of melted butter, strain into it the liquor in which the shells have been boiled; then stir in the shrimps, and shake over the fire two or three minutes before you serve. No seasoning is required with shrimp sauce.

68. *Mackerel Sauce.*

Put the roes of the mackerel into a saucepan with two or three tablespoonfuls of water, and simmer for ten minutes, take them out and beat them smooth with a wooden spoon, and mix with them the yolks of two eggs, well beat up with a

teaspoonful of salt, half a teaspoonful of pepper, and a teaspoonful of either fennel or parsley chopped very fine. Mix the whole with three quarters of a pint of melted butter, and serve when hot.

69. *Anchovy Sauce for Soles, &c.*

Pound in a mortar three anchovies, without washing, and an ounce of butter; season with a quarter of a teaspoonful of Cayenne, then stir in three quarters of a pint of melted butter, and shake round over the fire for two or three minutes before serving. If you can ensure genuine unadulterated essence of anchovies, you may use it in the proportion of two dessert-spoonfuls instead of three fish; but a prejudice exists against the prepared essences, sold by dealers, that causes many to avoid the use of them.

70. *A good White Sauce for Fish.*

Boil for a quarter of an hour in a quarter of a pint of water, three anchovies, a blade of mace, six white peppercorns and a clove; then strain the liquor into a clean saucepan, add an ounce of butter rolled in flour, and a teaspoonful of lemon-juice, and when these are well blended, stir in by degrees half a pint of cream, and let all simmer a few minutes, then serve in a tureen.

N.B.—In every case the cook must remember that the sauce for *boiled* fish must be thicker than that which is for *broiled* or *fried*.

CHAPTER III.

COLD SAUCES, STORE SAUCES, ETC.

COLD sauces are those well-blended and agreeable mixtures which are adapted to give a piquant zest to the more insipid meats, or to correct the strong flavour of those which are too rich. They are usually easy of preparation, and pleasant and elegant additions to the table.

71. Mint Sauce, for Lamb.

Though every cook professes to make mint sauce, it is from its very simplicity often prepared carelessly and hastily. Procure fresh, green, young leaves of mint, wash them well and mince very fine, mix in the proportion of two tablespoonfuls of minced mint to two teaspoonfuls of powdered sugar, stir them together in the tureen and then pour over four tablespoonfuls of good vinegar; make the sauce immediately before it is wanted; it is served in a tureen, with hot or cold roast lamb. Dr. Kitchener recommends a little parsley with the mint, but we condemn the adverse flavour. At some tables, after the mint has been infused an hour, the sauce is strained and sent in clear.

72. Horseradish Sauce for Roast Beef.

The horseradish must be well washed, brushed, and scraped; grate two tablespoonfuls and put into the tureen with a teaspoonful of salt, a teaspoonful of mustard in powder, and two tablespoonfuls of cream; when these are well mixed, add gradually four tablespoonfuls of vinegar.

Horseradish is in the best state for grating about November and December.

73. Sauce for cold Fowl, or Game.

Pound in a mortar the yolks of two hard-boiled eggs with a tablespoonful of vinegar, an eschalot, an anchovy, and a teaspoonful of mustard ; when all is quite smooth, add a tablespoonful of fine salad-oil, and another tablespoonful of vinegar, and rub till quite blended. Strain it and serve in a tureen.

74. Sauce à la Maître d'Hôtel, cold.

Rub in a mortar two ounces of butter, a dessertspoonful of finely minced parsley, a teaspoonful of salt, and half as much pepper ; when quite smooth blend the whole with two tablespoonfuls of lemon-juice. Serve with steaks, chops, &c., on the dish.

75. Sauce à la Tartare.

Pound in a mortar four eschalots, the hard-boiled yolks of two eggs, a teaspoonful of chopped tarragon, a teaspoonful of salt, as much mustard, and half a teaspoonful of pepper ; when smooth, mix gradually three tablespoonfuls of salad-oil, three of vinegar, and one of chilli vinegar ; stir it well, take care it is not curdled, and serve in a tureen.

76. Sauce à la Remoulade.

Put into a mortar an eschalot, a sprig of parsley, a clove of garlic, three or four young onions, and as many capers, and pound them quite smooth with two tablespoonfuls of oil added by degrees ; mix with this a teaspoonful of mustard, a teaspoonful of salt, and half a teaspoonful of pepper, and then blend with it by degrees two tablespoonfuls of vinegar till the whole is perfectly smooth. This sauce is excellent for chops or cold meat, and may be used for salad.

77. Sauce for Roast Goose or Pork.

Put into a jar two ounces of green sage-leaves, an ounce of the thin rind of a lemon, a minced eschalot, a teaspoonful of salt, and a drachm of Cayenne ; pour over them half a pint of port wine or claret, cover the jar and let it stand ten days. When wanted for use, pour off the wine clear and send up in a tureen. If not used, it will keep if in a covered jar.

78. *Sauce à la Mayonnaise, cold.*

Beat well in a bowl, with a teaspoonful of salt, the yolks of two fresh eggs, then add drop by drop, a teaspoonful of fine salad-oil and a quarter of a teaspoonful of Cayenne, continually beating it; add with the same care a teaspoonful of vinegar, continue to add alternately the oil and vinegar till you beat in two tablespoonfuls of each, and the sauce is smooth as cream and no grease can be detected. It is used to cover, or *mask*, cold fowl, meat, or fish, and sometimes for salads. If desired, it may be coloured green with spinach-juice; and it is an improvement in hot weather to prepare it over a pan of pounded ice.

79. *Sauce for Brawn, or Boar's Head.*

Blend smoothly with a teaspoonful of oil, two teaspoonfuls of moist sugar and one of mustard; when smooth, add a little vinegar, and by degrees mix two tablespoonfuls of vinegar and as much oil quite smooth. In some cases a preponderance of oil is required,—in some of vinegar. It may be proportioned to taste, but must always be mixed with great care.

CHAPTER IV.

STORE SAUCES, KETCHUPS, ETC.

IN London, the shops known as Italian warehouses supply the sauces, ketchups, essences, and pickles, which a country housekeeper is proud to display in her storeroom as the produce of her own labours; and the revelations of the *Lancet* and other scientific works having created a suspicion of the safety of many of these well-flavoured zests, we would recommend every lady who has the means and opportunity, to see her essence of anchovies, ketchups, sauces, and pickles, prepared under her own eyes, that she may be sure she is not administering to her guests slow poison in her made dishes or sauces. We give receipts for all that are necessary and convenient to keep in readiness in a large family.

80. *Chatney or Chutnee Sauce.*

This celebrated Indian sauce can never perhaps be prepared exactly to resemble that really made in the East, for some of the delicious Indian fruits, which ought to be used in a fresh state, are ill represented by the preserved, or by our own crude fruits. We give this as highly approved by families from India.

Stone four ounces of raisins, chop them, and put into a mortar with two ounces of eschalots, two ounces of salt, one ounce of powdered ginger, a quarter of an ounce of Cayenne, and a quarter of a pound of brown sugar; pound these materials one after another till all be well mixed. In the mean time steep in a quarter of a pint of vinegar, one pound of preserved tamarinds; wash off the whole of the pulp into the vinegar, and take out the stones, pour the vinegar over the pounded ingredients, and blend all smoothly; it should be the con-

sistence of thick cream. Store it by in well-covered, wide-mouthed bottles. Unripe apples or green gooseberries are sometimes substituted for the tamarinds, but fail to communicate the rich flavour desired.

81. *Tomata Sauce.*

Put the tomatas into an earthen jar, and set them into an oven till perfectly soft; then rub the pulp through a tamis, and weigh it. To every three pounds of juice, add a pint of chili vinegar, a teaspoonful of salt, three cloves of garlic pounded, a quarter of an ounce of ginger, and a quarter of an ounce of black pepper; add the juice of a good-sized lemon, boil up the whole till it is thick as cream, then let it cool, and bottle it in wide-mouthed bottles closely covered. It is an excellent flavour for many fish sauces.

82. *Dr. Kitchner's Sauce for Chops.*

Pound very fine an ounce of black pepper, half an ounce of allspice, an ounce of salt, half an ounce of scraped horseradish, and half an ounce of eschalots, peeled and chopped; when smooth, put these ingredients into a pint of mushroom ketchup or walnut ketchup, let them steep for a fortnight, covering the bottle; then strain, and bottle it for use. A teaspoonful of this greatly improves the gravy sent up for chops or steaks.

83. *An Excellent Fish Sauce.*

Put into a saucepan half a pint of walnut ketchup, one pint of port wine, twelve anchovies, the rind of a lemon, and a tablespoonful of the juice, four eschalots, a tablespoonful of scraped horseradish, a quarter of an ounce of mace, the same of mustard and of ginger, and half as much Cayenne. Let it simmer till the anchovies are dissolved, then add half a pint of vinegar, simmer a few minutes, strain it, and when cold, bottle it for use. A tablespoonful will flavour half a pint of melted butter; it is also useful for hashes, and other made dishes.

84. *Fish Sauce à la Craster.*

Roll four ounces of butter in flour, and brown it in a stewpan; add to it a pound of anchovies cut small, six blades of

mace pounded, six cloves, forty black peppercorns, two small onions, a bunch of savory, thyme, basil, and marjoram, a teaspoonful of chopped parsley, and as much scraped horse-radish; pour over it a pint of very strong gravy and a pint of sherry, simmer gently for twenty minutes, then strain and bottle it, covering it carefully. Mix a tablespoonful with melted butter for fish sauce.

85. *Essence of Anchovies.*

The genuine anchovies are brought to England pickled in brine, and it is of the utmost importance that you should procure them at a respectable warehouse, where you may hope not only to obtain the real fish, but, what is more important, to obtain them unadulterated by Venetian red, or any other deleterious colouring. To make the Essence you must take two pounds of anchovies with the liquor in which they have been pickled, and put them into a stewpan with twenty peppercorns, two blades of mace, a drachm of Cayenne pepper, and four or five eschalots; put over them a pint of cold water, and simmer for twenty minutes till the anchovies are nearly dissolved; then add two more pints of water and half a pint of port wine, simmer another quarter of an hour, then rub the whole through a tamis and let it be quite cold; bottle it, cork securely, and seal the cork. This is an excellent and safe fish sauce.

86. *Anchovy Ketchup.*

Put a gallon of stale ale into a stewpan with a pound of anchovies, a quarter of an ounce each of mace, cloves, allspice, and Cayenne pepper, one ounce of ginger, one ounce of loaf sugar, half a pound of eschalots, and a quart of peeled and chopped mushrooms; simmer slowly for an hour, then pour the liquor through a jelly-bag, and when perfectly cold, bottle, cork, and seal it up securely. It is a fine-flavoured ketchup.

87. *Mushroom Ketchup.*

No cook should be without mushroom ketchup, which on an emergency is always an excellent flavour for soup or sauce, and if home-made, the exact quantity required can always be nicely calculated. Procure a peck of large mushrooms quite fresh,

gathered dry, and free from decay, break them up into a deep earthen pan, and strew over them three quarters of a pound of salt ; let them remain near, but not close to a fire for three days, turning and stirring them occasionally with a wooden spoon ; pour the whole into a stewpan with four ounces of eschalots, and simmer half an hour ; allow it to remain another day, then strain the liquor through a tamis. Put it again into a stewpan, and to every quart of the extract add half a teaspoonful of mace and of powdered ginger, and a quarter of a teaspoonful of Cayenne, and simmer for half an hour. Let it stand to cool, pour it clear from the sediment, bottle, and cork it well and seal it down. This receipt has been frequently tried and approved.

88. *Walnut Ketchup.*

Take three hundred young walnuts (they are generally in a fit state early in August), pound them small, adding, as you pound, one pound of salt ; then put them into a quart of vinegar for four days, press all well through a hair bag, add to each quart of the liquor extracted one drachm of cloves, one drachm of mace, one drachm of Cayenne, half a pound of anchovies, six eschalots, and one clove of garlic, and boil all for three quarters of an hour ; skim it till clear, then add half a pint of port wine to each quart, simmer a few minutes longer, let it stand till cold, then pour off the ketchup quite clear, or you can add the mace and cloves to it as you bottle it off.

89. *Oyster Ketchup.*

To obtain and preserve a flavouring of oysters to use in the months when oysters are prohibited is very desirable, and the following receipt has been successfully tried. Pound in a mortar three hundred oysters, after carefully setting aside all the liquor from the shells ; then put them, with the liquor, into a stewpan, adding a pound of anchovies, the thin grated rind of one lemon, a tablespoonful of lemon-juice, and a bottle of thin white wine. Cover the pan and simmer gently for an hour, then strain it, add a teaspoonful of pounded mace and two dozen peppercorns ; it is best without any other seasoning ; boil it up with the spices a few minutes, then let it cool, and bottle it. It will be found an excellent flavour for sauces and steaks.

Cockle ketchup may be prepared the same way, but the flavour is not so generally approved.

90. *Soy.*

To make the true Indian or Japanese Soy we ought to employ the particular bean or seed from which it is made, the *Dolichos Soya*. Put any quantity you can obtain of these seeds into as much water as will completely cover them, and boil until the water be nearly all evaporated; let the seeds brown slightly, then turn them out into an open earthen vessel with the addition of a fifth part of brown sugar, and place them daily in the sun, or exposed to the heat of a fire, though at a sufficient distance, for three or four days, or till the commencement of fermentation takes place, stirring them frequently till the mixture be complete. Then strain off the dark fluid, add to each quart an ounce of salt and four cloves, boil it up, skimming it carefully, let it cool, and bottle it. This is the best imitation of the true Indian Soy we have met with, though beans and wheat mixed are sometimes prepared with molasses to form a tolerable imitation of the sauce.

91. *Tarragon Vinegar.*

Gather the young fragrant leaves of the Tarragon (*Artemisia Dracunculus*) and fill a jar with as many as it will contain without pressure; fill up the jar entirely with vinegar, cover it closely and tie bladder over it. Set it by the kitchen fire for a month, then run the vinegar through a jelly-bag, and bottle it in small bottles, which must be kept sealed down till wanted. This delicate vinegar is an agreeable addition to salads and many sauces.

92. *Cucumber Vinegar.*

Pare and slice into a stone jar ten good-sized cucumbers, cover them with a pint and a half of vinegar, add a sliced onion, two eschalots, a clove of garlic, two teaspoonfuls of salt, a dozen peppercorns, and half a teaspoonful of Cayenne. Cover, and let it stand ten days or a fortnight, then boil it up, and when cold run it through a jelly-bag: keep it in small bottles, well covered.

93. *Horseradish Vinegar.*

Put into a jar four ounces of grated horseradish, one ounce of chopped eschalots, a teaspoonful of Cayenne, two teaspoonfuls of salt, and one teaspoonful of mustard; pour over them a quart of boiling vinegar, and set the covered jar by the fire for a fortnight; then boil up the vinegar, let it cool, strain through a jelly-bag, and bottle. It is an excellent relish for salads, cold meat, &c.

94. *Camp Vinegar.*

Put into a stone jar a clove of garlic minced fine, six anchovies minced fine, a quarter of a pint of walnut ketchup, two tablespoonfuls of soy and a drachm of Cayenne; pour over a pint of vinegar, cover the jar, and let it stand a month, then strain and bottle.

95. *Garlic or Eschalot Vinegar.*

Pound in a mortar two ounces of the cloves of garlic quite free from the skin; then add them to a quart of vinegar with an ounce of ginger sliced, two ounces of salt, and six cloves. Cover the jar and let it stand a fortnight, when you may pour off the vinegar and it will be fit for use.

Eschalot vinegar may be made in the same way, except that it is better to use mace instead of the ginger.

96. *Chili Vinegar.*

Bruise in a mortar fifty fresh English chilies, and infuse them in a quart of good vinegar; add two teaspoonfuls of salt; cover the jar, and let it stand for a month; then strain, and bottle it in small bottles.

97. *Eschalot Wine, Dr. Kitchener's Receipt.*

This is a more agreeable condiment than the vinegar, and is generally useful. Peel, mince, and pound three ounces of eschalots, and infuse them in a pint of sherry for ten days; then pour off the liquor on three ounces more of eschalots. Let it stand ten days longer; pour it off clear, and bottle it for use. An ounce of horseradish may be added to the second infusion.

98. *To make Mustard.*

Mustard is considered to be one of the most wholesome of condiments, and though, like all the rest, subject to adulteration, these adulterations are rather vexatious, as reducing the strength of the flour, than dangerous. They are usually made of wheat flour, with turmeric, which is not deleterious, used for colouring. It is always best to prepare it in small quantities, and send it up quite fresh. It should be smoothly blended with milk or cream, to which a small proportion of salt may be added, till reduced to the proper consistence. If required piquant, vinegar or horseradish vinegar may be substituted for the milk.

CHAPTER V.

SOUPS.

OF all the operations of cookery none is more important nor, usually, more negligently executed than the preparation of soups. Whether in the cottage of the labourer, the parlour of the tradesman, or the luxurious dining-room of the noble, soup is a continual necessity, nutritious and agreeable. Yet rarely in any class of society in England can you meet with soup really well made. The poor attribute the failure to want of means, the middle classes to want of time, and in the higher classes even the professed cook too often disregards the attention necessary, and prepares the soup in a careless and slovenly manner; or wedded to certain prejudices, flavours it to suit a palate vitiated by the bad practice of continually tasting the viands in preparation. In affluent families soup always forms part of the dinner, and must necessarily be daily varied; but if the cook attend accurately to the receipts here given, to the just proportions of the seasoning, the manner of preparation, and the exact time required to complete it, there can be no necessity for the offensive and pernicious habit of tasting the soup, and regulating its flavour according to a standard of very uncertain excellency.

Setting aside the consideration of economy, to begin dinner with a light soup is decidedly wholesome, and serves to avert the danger of eating too heavy a meal of solid meat, for it is an error for any one to fancy that when he has eaten heartily of roast beef only, he has necessarily made a wholesome dinner. A plate of thin soup, followed by a single slice of meat or pudding, will digest sooner and cost as little, and will conduce more to the comfort and enjoyment of life.

It is a matter of astonishment to foreigners that the middle classes of society in England should habitually discard soup

from their principal daily repast ; that simple, useful *potage*, which no one objects to eat, but half the busy people of England can find no time to prepare. It is with a view of smoothing the difficulties in this operation, that while we give an ample number of receipts for making the rich soups required for the banquets of the wealthy, we also offer a large proportion of easy, simple, and excellent tried receipts for the domestic management of the *pot au feu* of the middle classes.

Economy of material has been invariably inculcated, and economy of fuel earnestly urged. There is no more destructive enemy to good soup than the huge coal fire usually kept in an English kitchen. A clever French writer, who did not disdain the subject of gastronomy, observes, "*La bonne cuisine se fait toujours à petit feu,*" that is, good cookery needs but little fire, and the greasy soups, hard-boiled meat, and scorched roast meat of our impatient nation testify how much they neglect this maxim. In all cases the meat should be put into cold water, which must then be allowed to heat gradually to the boiling-point ; by which means the component parts of the meat dissolve, the extractive matter is brought out, and all mix without coagulation. There should not be more than a quart of water at first, the remainder should not be added till the juice of the meat is extracted.

Though an uneducated cook cannot be expected to understand the science of chemistry, the results of the experiments of scientific men may be profitably read, when explained in simple language. Parmentier, a celebrated French cook, gives the six following requisites for all *potages*.

- 1st. Fresh and wholesome meat.
- 2nd. Earthenware vessels in preference to those of metal, as they require less heat to keep them at the regular and gentle degree of ebullition necessary.
- 3rd. As much water as will be double the weight of the meat used.
- 4th. A sufficient quantity of salt to facilitate the separation of the scum from the soup.



STOCKPOT.

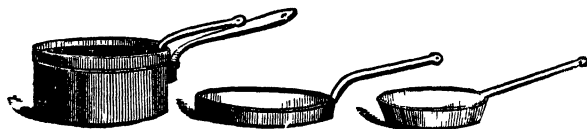
5th. As much heat at first as will keep the liquid at the boiling-point till all the scum is thrown up.

6th. After this a lower degree of heat, but equally maintained, that the soup may *simmer* only, till the nutritive, extractive, and colouring matters in the meat are perfectly combined with the water, one after the other, as they are more or less soluble.

In the preparation of soups even more than of any other viands, before every other consideration, perfect cleanliness is essential. Not only must the cook personally be scrupulously clean, but the vessels used, even the very covers, rims, and handles, must all be without a spot or stain of soot or dust; an atom falling into the soup would derange the process of cookery. German enamelled stewpans are the best utensils for preparing soups in; but even if well-tinned copper or brass pans be used, the soup should be removed out of them as soon as taken from the fire, and poured into an earthen vessel to cool. There is always danger in leaving the soup in a metal stewpan to cool.

One great means to ensure the perfection of soup is, that the cook should know exactly, before she begin her preparations, how many are expected to dinner. Many a tureen of excellent soup has been ruined by being reduced to provide for an unexpected guest.

The soup prepared for eight persons cannot suffice for twelve, and to dilute is to destroy its excellence. It is prudent always to make for one more than the number expected, for the surplus, if it be not of peculiar flavour, may be profitably used for other soups, hashes, or stews. In families, who do not use soup every day, it is not usual to prepare the *stock* beforehand,



STEWPANS.

as it is liable to become sour if kept; and it is moreover considered to be an act of extravagance.

But where time is not an object, and in a family where soup

is daily served, a stockpot is a necessity. For this foundation of soup the best material is young beef, mutton, or veal, but a good cook will profitably use the trimmings of joints of butcher's meat, the necks and feet of poultry, the liquor in which meat or poultry has been boiled, the shanks of mutton or veal, and the bones or remains of roast meat, fowls, or game. But it must always be remembered that the meat must be fresh, or the flavour of the soup will be ruined; perfectly lean, for the fat is all waste; and young, for old meat gives out no juice for the soup.

To produce the *stock*, the meat must be put into the stewpan and covered with a quart of soft water, and the addition of half an ounce of salt to each pound of meat, and if for brown soup, half an ounce of brown sugar. It must be covered close, and then allowed to heat to the boiling point over a slow fire; then gradually more water must be added, and it must continue to simmer six hours, or if all the meat be fresh, eight hours.

Next pour it off into the deep earthenware covered vessel used for a stockpot, but do not cover it till cool. After it has stood twelve hours, every particle of the fat which will then have formed over it must be removed. The stock will now be ready for the foundation of any soup required; care must be taken, however, to pour it off gently, so as to leave all the sediment at the bottom.

It is customary in French cookery to use much vegetable in the soups, and even in the stock, and to use less strong seasoning than English cooks. "*Point de légumes, point de cuisinière*,"—that is, no vegetables, no cookery—is a favourite French maxim; but this nice blending of vegetables so that no one ingredient should predominate over the rest in flavour, is a delicate and important operation, which should not be confided to a careless or indifferent hand, but requires the accuracy of a receipt book. For a good vegetable and meat stock the following process is necessary.

99. *Meat and Vegetable Stock.*

Put into the stewpan meat, bones, &c., with the same proportion of water as for pure meat stock, but use a double quantity of salt. Add to each quart of water one leek, one head of fresh

celery, one carrot, one turnip, one onion with two cloves stuck in it, a small bunch of herbs and parsley, and half an ounce of moist sugar. If intended for white soup, the sugar must be omitted. Stew the whole as directed before, from six to eight hours, according to the quantity of meat. Then strain it through a tamis and set it by for use.

If a pure vegetable stock be required for a vegetable *soup maigre*, it may also be prepared beforehand, as below.

100. *Vegetable Stock.*

Put into the stewpan one carrot, one onion with two cloves stuck in it, two large lettuces, two heads of celery, a parsnip, and herbs and parsley as above. Chop the vegetables, cover with water, add one ounce of salt, and stew for four hours, when the vegetables will be a pulp; skim, and strain into a stockpot for use.

A useful fish stock may be prepared for *soup maigre*, to which the bones and fins of any fish may be added.

101. *Fish Stock.*

Put into the stewpan two pounds of carp, trout, or any river fish, two pounds of eel, and one pound of skate, or any bony sea fish. All must be cut in pieces. Add an anchovy, an onion stuck with cloves, and an ounce of salt. Cover with water, as in preparing other stock, and stew gently for four hours. Then strain off the stock, which will make an excellent foundation for any fish soup. All *maigre* soups require, in addition to the stock, to be enriched with butter.

Soft water should always be used in making soups, except for green-pea soup, when it is usual to have hard water, as it preserves the colour of the vegetable better.

In addition to the herbs, vegetables, and roots commonly added to soups, truffles, morelles, and mushrooms, and also horseradish, may be advantageously employed. For Scotch broths, oatmeal or pearl barley are the usual thickening; for other soups, rice flour, vermicelli, &c., as pointed out specially in the particular soup in preparation. In Italian soups, grated cheese is frequently mixed with the soups.

It is above all desirable that no more seasoning be used than is here directed, and that wine, unless to suit any particular

palate, be sparingly used ; in most cases a single glass of wine is sufficient to flavour a quart of soup.

102. *Brown Colouring for Soups or Gravies.*

Beat four ounces of brown moist sugar very fine ; put it into an iron frying-pan, and set it over a clear fire. When the sugar is completely melted and begins to froth, hang the pan higher above the fire, and let it remain there till it becomes a fine brown, pouring in by degrees, and stirring it the whole time, as much port wine or claret as will fill up the pan, taking care that it does not boil over. Add a teaspoonful of salt and a teaspoonful of lemon-juice, half a teaspoonful of clove and mace pounded together, and one shalot. Let the whole boil gently for ten minutes longer, then pour out to cool ; take out the shalot, and bottle the mixture for use.

103. *Turtle Soup.*

This celebrated and costly soup is rarely brought to table in private families ; still more rarely is it prepared at home, as in Liverpool, Bristol, or London it can be bought ready for use of excellent quality. But we wish this Cookery Book to be complete, which it cannot be unless it include receipts for making this most delicious soup.

The size of a turtle varies from 30 lb. to 500 lb. We will take a turtle of 50 lb. weight for the proportions of our receipt. The head must be cut off, and it must be hung up to bleed during the night. Then have ready several pans or tubs before the turtle is separated, and hot water ready for use. It will be necessary to begin early to dress the turtle, as the process is long. Cut up the animal, first removing the fins, by separating them at the joints with a sharp knife, and put them on one side. Then, pressing heavily on the upper shell, or callipash, divide it from the lower shell by cutting round two inches deep ; pour out all the water, and take out the intestines, which may be thrown away after all the fat is carefully removed for use. All the flesh must be cut from the spine, the knife sloped to the bone ; this must be cut into four pieces and set aside. Then separate the breast, the callipee, carefully avoiding the gall, which, if broken, would spoil the

whole. Throw the heart, liver, kidney, and lights into water.

Into a large pan of water, boiling over the fire, put the fins and the head, shell and breast, for a few minutes, till you can peel the fins easily and scrape the shell. Keep the back and breast in a pan of boiling water till the bones will leave the meat, but no longer. Then the flesh must be taken out and placed to cool; and in a small stewpan put the liver, lights, heart, and kidneys, with the fat from the back shell and from the intestines; pour over them as much liquor from the pan where the meat has been boiled as will cover it well, and set it on the fire to boil for three hours; then put the liquor on one side.

Now take a large stockpot, and line the bottom with a pound and a half of lean ham, sliced thin, twelve pounds of the leg of veal, sliced, two large fowls cut up, two carrots, and two large onions; fill up the pan with strong beef stock, and reduce it slowly to a glaze, while you prepare the seasoning,—as follows :—

Put into a stewpan two carrots, a large onion stuck with four cloves, half a dozen sliced mushrooms, half a dozen sprigs of whole parsley, and a small bunch of mixed thyme, marjoram, basil, and young green onions, two bay leaves, four blades of mace, quarter of an ounce of black pepper, a teaspoonful of salt, and half a teaspoonful of Cayenne pepper. Add to this half a pound of butter and a pint of beef stock. Simmer it over the fire for three hours, then rub it through a tamis and set it aside.

Strain the broth from the fins, &c., and the glaze, each separately; then take all the flesh and fat that had been set aside, and cut them into neat squares of about an inch; boil them in two bottles of Madeira for half an hour, then add the broth. Make a *soux* by putting in a stewpan half a pound of butter, with four tablespoonfuls of flour; let it brown, pour a little of the broth over it, then strain it into the soup, stir in the glaze and the seasoning by degrees; let all boil for an hour, carefully skimming the fat.

Forcemeat balls, or *quenelles*, intended to represent the eggs of the turtle, must be added; they are made as follows :—Take half a pound of the fillet of veal and half a pound of bread-crumbs soaked in milk, the yolks of six hard-boiled eggs,

an ounce of butter, a saltspoonful of salt, half the quantity of Cayenne pepper, and a blade of mace ; pound all in a mortar till perfectly smooth, bind them with three raw eggs, then form into balls about the size of a pigeon's egg ; boil them hard in salt and water, drain them on a sieve, and put them into the soup ten minutes before it is taken off the fire. Add the juice of a lemon just before the soup is served.

104. *To dress a Turtle West Indian fashion.*

Let the turtle lie on its back all night out of the water, and early next morning cut its throat and let it bleed well ; then cut off the fins, scald, scale, and trim them and the head. Then cut the under shell, the callipee, quite off, leaving to it as much meat as you can ; next take from the back shell all the meat except the green fat, which must be baked with the shell, wash the meat clean in salt and water, and cut it up into moderate-sized pieces. Take away the bones and put them with the fins and head into a stewpan, with a gallon of water, two teaspoonfuls of salt, and two blades of mace. When it boils, put in the white part of the turtle, except a pound and a half to be kept back for the *quenelles*, and add a small bunch of thyme, savory, parsley, and young onions. In an hour take the meat out of the soup and cut it in pieces to put with the rest. The entrails must be cut open, scraped, and cleaned, and cut into pieces two inches long. The paunch, or maw, must be scalded and skinned, and cut up like the other parts ; then the whole of the meat, with the entrails, heart, lights, but not the liver, half a pound of butter, three or four eschalots, a small bunch of thyme, parsley, and savory, salt, white pepper, mace, three cloves pounded, and a little Cayenne pepper ; let them stew for an hour and a half covered with broth ; then add by degrees a bottle of Madeira ; this must continue to stew gently for five hours, and half an hour before it is done thicken it with half a pound of flour mixed to a batter with veal broth.

Take the meat out of the soup and put it in the back shell, or callipash, put the forcemeat balls over it, and brown it with a salamander.

The callipee, or under shell, must be slashed in several places, and seasoned as the stew, then baked in a brisk oven.

The fins must be taken out of the soup as soon as they are

tender, and stewed with a pint of good veal broth and half a pint of Madeira, seasoned as the callipash, and served separately.

The lights and liver may be stewed in the same way, but with a double portion of Cayenne.

The soup must be strained, and placed on the table in the centre, with the callipash and callipee above and below, and the lights on one side and the fins on the other.

This is the receipt of Mrs. Glasse, and is still considered the best.

105. *Mock Turtle Soup*—1.

The Stock.

1 calf's head—2 gallons water—2 oz. butter—2 onions—
2 turnips—2 carrots—2 celery—bunch of herbs—5 lb.
beef—8 cloves— $\frac{1}{4}$ oz. eschalots— $\frac{1}{4}$ oz. black pepper
— $\frac{1}{4}$ oz. allspice.

For this rich and useful soup, always required at a handsome dinner, we give several receipts, all tried and approved.

Take a calf's head with the skin on, remove the brains and lay them aside. Wash the head in cold water, in which it may lie for an hour; then put it into a stewpan with two gallons of cold water, and let it boil gently for an hour, removing the scum carefully. Then take it out of the broth and let it remain to be half cold, when the meat must be cut from the bones into square pieces of about an inch; the skin, which is the prime part, should have the fat left adhering to it; the tongue must be cut up in the same way.

Put into a stockpot two ounces of butter and two good-sized onions, sliced; shake them over the fire till brown, then place over them five pounds of coarse lean beef, and pour over half the broth in which the head has been boiled. Let it boil till all the scum be removed, then add two carrots, two turnips, two heads of celery, eight cloves, a quarter of an ounce of eschalots, and a small bunch of savory, thyme, marjoram, and basil, with three sprigs of fresh parsley and a quarter of an ounce each of allspice and whole black pepper; add the bones and trimmings of the head and the remainder of the broth, and let all stew gently for four hours; then strain off. This is the stock.

Thickening.

6 oz. butter—6 oz. flour— $\frac{1}{4}$ oz. lemon-peel— $\frac{1}{4}$ oz. eschalots— $\frac{1}{4}$ oz. sage— $\frac{1}{4}$ oz. savory.

Put six ounces of butter into a clean stewpan, and gradually blend with it six ounces of flour ; smooth it by adding half a pint of the stock.

In another pan put half a pint of stock with a quarter of an ounce each of grated lemon-peel, eschalots, sage, and savory. Boil for half an hour, strain, and rub the herbs through a tamis ; then blend the liquor with the thickening, and strain all into the stock. Let it simmer over the fire for an hour, with the squares of meat added, and then make ready the seasoning, as below.

Seasoning.

2 teaspoonfuls lemon-juice—2 teaspoonfuls mushroom ketchup—1 teaspoonful essence of anchovy— $\frac{1}{2}$ drachm Cayenne—thin peel of 1 lemon—1 pint of Madeira.

The seasoning to be added must be two teaspoonfuls of lemon-juice, two of mushroom ketchup, and one of anchovy, the very thin peel of a lemon, and a pint of Madeira or sherry ; simmer five minutes, take out the lemon-peel, then add the *quenelles*, as for turtle soup, and, if required, brain-balls and egg-balls, as in the following receipts, and the soup is ready for the tureen. It ought to be reduced by the boiling to four or five quarts.

106. *Brain Balls.*

Boil the brains for ten minutes, then put them into cold water to blanch ; then pound in a mortar with half a teaspoonful of salt and a quarter of a teaspoonful each of mace and Cayenne, and a teaspoonful of chopped sage ; add the yolks of two eggs well beat ; then form into balls about the size of nutmegs, dip them in egg and fine bread-crumbs, and fry them brown to add to the soup.

107. *Egg Balls.*

Boil four eggs for ten minutes, and put them into cold water. When quite cold, pound them in a mortar with the beat yolk

of one new egg, a teaspoonful of flour, one of chopped parsley, half a teaspoonful of salt, a quarter of a teaspoonful of Cayenne, till perfectly smooth. Then form into small balls, boil them for two minutes, and add to the soup.

108. *Mock Turtle Soup, in the oven*—2.

1 calf's head—6 quarts water—veal, about 4 lb.—beef, 6 lb.—2 carrots—2 turnips—2 celery—2 onions— $\frac{1}{4}$ oz. white pepper— $\frac{1}{4}$ oz. mace— $\frac{1}{2}$ teaspoonful salt—2 anchovies—1 lobster—100 oysters—1 pint Madeira—1 dozen mushrooms.

Wash a calf's head and boil it for an hour in six quarts of water; then cut the meat before it is cold into squares, as in the first receipt. Take a knuckle of veal and six pounds of juicy beef, put into a stewpan with two carrots, two turnips, two onions, and two heads of celery, and stew gently for four hours in three quarts of the liquor in which the head was boiled; then strain the broth into a large earthenware jar, and add the squares of calf's head, a quarter of an ounce of white peppercorns, a quarter of an ounce of mace, half a teaspoonful of salt, and two anchovies. Stew it in the oven for two hours, then turn it into a stewpan with the remainder of the calf's-head broth. Add the meat of a lobster in small pieces, a hundred oysters, a pint of Madeira, and a dozen small mushrooms, or a tablespoonful of mushroom ketchup. Let it simmer half an hour, then serve with *quenelles*.

109. *A cheap Mock Turtle Soup*—3.

$\frac{1}{2}$ calf's head—2 quarts water—2 lb. veal—2 lb. ham—2 carrots—1 celery—1 onion—6 cloves—bunch of herbs—rind of 1 lemon—1 blade mace—2 drachms Cayenne— $\frac{1}{2}$ teaspoonful salt—1 tablespoonful lemon-juice— $\frac{1}{2}$ pint sherry.

The following economical receipt is useful for a private family:—Clean half a calf's head, setting aside the brains, put it into two quarts of warm water with two pounds of veal, two pounds of pickled pork or lean ham, two carrots, one head of celery, one roasted onion stuck with six cloves, a small bunch of thyme, marjoram, and parsley, and the thin rind of a lemon.

Simmer the whole for two hours ; then take out the head, which must be cut into squares, after the bones have been taken out and restored to the soup, which must continue to simmer for two hours more. Then strain the soup, put in the squares of head and tongue, a blade of mace, two drachms of Cayenne pepper, half a teaspoonful of salt, a tablespoonful of lemon-juice, half a pint of sherry, the brains in balls as before, and *quenelles* if wished. Simmer for a quarter of an hour, then serve.

110. *Family Mock Turtle Soup*—4.

1 calf's head—2 quarts water—2 quarts broth—2 tablespoonfuls mushroom ketchup— $\frac{1}{4}$ oz. black pepper— $\frac{1}{4}$ oz. salt—2 drachms Cayenne—3 shalots—3 parsley—bunch thyme—rind of 1 lemon— $\frac{1}{2}$ pint Madeira.

Scald a large calf's head and clean it from the hair, then boil it for two hours in two quarts of water ; let it cool, then cut the gelatinous parts into inch squares, the lean meat and tongue into small thin slices, and the ears into shreds, and put them back into the liquor, with two quarts of strong veal broth. Let it boil for two hours, removing the scum. In the meantime put into a stewpan a pint of Madeira or sherry, stirring in a pint of the broth, two tablespoonfuls of mushroom ketchup, a quarter of an ounce of black pepper, the same of salt, and half the quantity of Cayenne ; three shalots, three sprigs of parsley, a bunch of thyme, and the thin rind of a lemon, must be all shred very fine ; simmer these together, then add to the soup a quarter of an hour before it is ready. Serve it with egg-balls, and, if required, forcemeat balls too, in the tureen. A very good soup, and easily made.

111. *Mock Turtle Soup of Cow's Heel*—5.

3 cow-heels—3 quarts water—2 onions—2 turnips—2 carrots—2 shalots—small bunch lemon thyme—large bunch parsley—1 teaspoonful of salt—2 oz. of butter—3 tablespoonfuls of flour—rind of 1 lemon—1 blade of mace—2 drachms Cayenne—1 tablespoonful lemon-juice—1 glass of wine.

Get three cow-heels ready boiled ; cut the meat off two of the heels in neat squares, then put the trimmings, bones, and

the third heel separated into four, into a stewpan, with three quarts of water, two onions and two turnips, pared and sliced, the red part of two carrots, two shalots, a small bunch of lemon thyme, and double the quantity of parsley, and a teaspoonful of salt. Set the stewpan by the side of a slow fire closely covered, and let it simmer gently for seven hours, taking care to remove the fat and scum. Then strain off the soup. Put into another stewpan two ounces of butter, and while it melts stir into it three tablespoonfuls of flour and a quart of the soup; boil it for a quarter of an hour, then strain it into the rest of the soup, add the thin rind of a lemon, a blade of mace, two drachms of Cayenne, and the squares of meat, let it simmer another hour, put in a tablespoonful of lemon-juice and a glass of wine, and the soup is ready for the tureen.

112. *Mullagatawny Soup, or Mullaghee Tawmic Soup*—1.

Veal, 4 lb.—black pepper, 12 corns—allspice, 12 corns—water, 2 quarts—4 onions—2 tablespoonfuls currie powder—2 tablespoonfuls flour—1 teaspoonful salt.

This celebrated soup, in such great favour with all who have resided long in India, owes its peculiar flavour to the currie powder with which it is invariably seasoned, though it may be agreeably varied by attention to the following tried receipts. First, Dr. Kitchiner's good though old-fashioned receipt. Cut four pounds of a breast of veal into pieces about two inches by one. Put the trimmings into a stewpan with twelve corns of black pepper, twelve corns of allspice, and two quarts of water. When it boils, skim it, and let it continue to boil an hour and a half, then strain it off. In the meantime fry the squares of veal and four onions in butter till they are nicely browned; put the broth to them, put it on the fire, skim it clean, let it simmer half an hour. Then mix two tablespoonfuls of currie powder, two tablespoonfuls of flour, and a teaspoonful of salt, with as much cold water as will make a batter. Stir this into the soup, and let it simmer another half hour. Then serve with boiled rice as in receipt No. 932.

NOTE.—From every receipt in the book, the cook should make a written abstract of the materials, in the proportions required, to ensure correctness.

113. *Mullagatawny Soup for families.*

Veal, 3 lb.—3 quarts water—1 carrot—1 turnip—1 bunch herbs—2 onions—10 white pepper corns—1 fowl, or rabbit—2 spoonfuls currie powder—2 spoonfuls browned flour—2 drachms cayenne—1 teaspoonful salt—1 spoonful lemon-juice—2 spoonfuls cream.

Take a knuckle of veal about three or four pounds in weight, break the bones, and put it in a stewpan with three quarts of water, a carrot, a turnip, a bunch of sweet herbs, two onions, and ten or twelve white peppercorns. Stew for three hours, then strain off the broth. Take a fowl, or a rabbit, clean, skin, and cut it into small pieces. These must be fried in butter till brown, and put into the broth, which must stew for another hour. Then mix in a basin two tablespoonfuls of currie powder, two tablespoonfuls of flour browned before the fire, two drachms of Cayenne pepper, a teaspoonful of salt, a tablespoonful of lemon-juice, and two tablespoonfuls of good cream. Rub it quite smooth and mix by degrees with the soup, which must simmer half an hour longer, and then be rubbed through a sieve, and served with boiled rice.

114. *Rich Mullagatawny Soup.*

Into four quarts of cold water put six pounds of veal or beef, a hock of ham, a dozen black peppercorns, four cloves, a quarter of an ounce of mace, four eschalots, and a bunch of thyme. Stew gently till reduced one-half; then strain off the broth, and work the meat through a tamis to obtain as much of the juice as possible. Let it stand till cold, and remove the fat. Put the liquor in a stewpan, adding a pint and a half of cream, a good fowl skinned and cut up, two tablespoonfuls of currie powder, two tablespoonfuls of Madeira, and the juice of a lemon; let the soup stew gently for an hour, then take out the fowl and thicken with boiled rice.

115. *Ox-tail Soup.*

Get two ox-tails which the butcher will divide into joints; clean and place them in warm water for an hour; fry them in small pieces, then put into a stewpan with three quarts of

water, a carrot, a turnip, an onion, a leek, a stick of celery, and a small bunch of sweet herbs, and let it simmer gently till you have removed all the scum, and the liquor is reduced to two quarts. This will require two hours, in which time you must add the seasoning—eight cloves, a drachm of mace, the same of allspice, Cayenne, and black pepper. Then take out the meat, remove it from the bones, cut it into small mouthfuls, skim and strain the liquor. Put two ounces of butter into a stewpan, and, when dissolved, as much flour as it will absorb; stir it, and let it brown. Mix it with the soup; put the meat into it, with a glass of Madeira; heat the soup, and serve it with toast in small squares.

116. *Ox-head Soup.—Dr. Kitchener's Receipt.*

To be prepared the day before it is to be eaten; for the meat cannot be cut off the head into neat mouthfuls unless it is cold. Put half an ox-cheek into a tub of cold water to soak for a couple of hours; then break the bones, if not previously done by the butcher, and wash it well in warm water. Put it into a pot, and cover it with cold water; when it boils, skim it very clean, and then put in one head of celery, a couple of carrots, a turnip, two large onions, two dozen black pepper-corns, as much allspice, a bundle of sweet herbs—as marjoram, lemon thyme, savory—and a bunch of parsley. Cover the soup pot close, and set it over a slow fire; when it boils, remove the scum, then let it stand by the fire and stew gently for about three hours. Take out the head, lay it on a dish, pour the soup through a fine sieve into a stoneware pan, and set all by in a cool place till next day. Then cut up the meat into neat mouthfuls, skim and strain off the broth, put two quarts of it into a clean stewpan with the meat. Let it simmer very gently for half an hour; use a thickening of flour and butter if required; a glass of good wine or brandy, and a little seasoning of Cayenne may be added, and the soup served. If not thickened, send it up with turnip and carrot cut into shapes.

117. *Ox-head Soup—an excellent tried receipt.*

The day before the soup is wanted, put the head, with the bones broken, into cold water, and let it remain twelve hours.

Transfer it into warm water for two hours. Lay it into a stewpan covered with two quarts of cold water, and place it over the fire ; skim it as it boils, and gradually add two more quarts of warm water. Then add two carrots, two turnips, six onions, one head of celery, a bunch of sweet herbs, and one of parsley, a tablespoonful of black pepper, the same of salt, and half the quantity of allspice. Let the whole simmer gently for four hours, then take out the meat, but let the soup simmer one hour longer, and strain it into an earthenware vessel. When the meat is cold, cut it from the bones in neat dice about an inch square, put them into the soup, thicken with a little flour and butter browned in a stewpan, add a glass of port wine, and let the soup simmer half an hour over the fire before you serve it.

118. *Beef Tea, without vegetables.*

Cut a pound of lean, juicy beef into thin slices ; put it into a quart of cold water, set it over a gentle fire, and let it heat slowly, skim it till quite clear, then let it continue simmering for an hour ; strain it through a fine sieve, let it stand ten minutes to settle, then pour off the liquor perfectly clear. Use a little salt, if desired. Or, mince a pound of young, juicy rump steak into very small pieces, removing every particle of skin and fat, and put it into a basin. Pour over the beef a pint and a half of cold water, and stir the beef continually with a fork till the juice is extracted. It should remain in the water two hours, then the infusion must be poured off quite clear, and heated over the fire for half an hour ; skim it carefully, and season slightly with salt. This is the genuine beef tea, highly useful for invalids, as the whole nutriment of the meat is thus extracted. It forms also an excellent extract for gravies.

119. *Pot-au-feu, or Bouillon.*

It is perhaps only in France that this truly national dish is prepared in perfection, where rich and poor are constantly in the habit of making it. The quantity of meat used is, of course, proportioned to the means of the family ; but the receipt we give is good and economical, the chief cost being time and patience.

Take four pounds of the leg, or shin, or of the brisket of beef, and lay it in an earthenware pan, or glazed stewpan. Pour over it three quarts of cold water, add three teaspoonfuls of salt; set it at the side of the fire, and carefully remove the scum as it rises; keep up the regular slow heat for four hours, occasionally adding a spoonful of cold water, which will cause the scum to rise. When quite clear, add two turnips, two carrots, one leek, one fried onion, with two cloves in it, a head of celery, a bunch of parsley and sweet herbs, and a teaspoonful of black pepper. and let it stew for another hour. Take out the *Bouilli*, or boiled meat, and the vegetables, and strain the soup, which may be served English fashion with squares of toasted bread, or, French fashion, poured over slices of bread placed at the bottom of the tureen.

The *Bouilli*, used as a remove to the soup, should be sent up with the vegetables neatly arranged round it.

120. *Good plain Gravy Soup.*

Take eight pounds of shin of beef; let the butcher break the bones; put it into a stewpan, and cover with a gallon of cold water. Bring it slowly to a boil over a gentle fire, carefully skimming it till no more scum will rise, then throw in an ounce and a half of salt, a dozen black peppercorns, a large bunch of sweet herbs, two onions sliced and fried brown, two eschalots, and three cloves. Let it simmer gently for four hours, then take out the meat, which can be kept hot, or set by for cold. Strain the soup, and let it stand all night. When wanted, remove the fat, and set it on the fire to heat gently for an hour. If approved, you can add carrot, turnip, and celery, cut in pieces and strewed in the soup; but if required clear, nothing must be added except a tablespoonful of mushroom ketchup, or of soy. Serve with toasted bread in squares.

121. *An excellent Brown Gravy Soup.*

Lay at the bottom of the stewpan half a pound of lean ham sliced, then three pounds of lean beef, and over it three pounds of veal, all in slices. If any bones be left, break them and lay them on the meat; peel four onions, slice two carrots, two turnips, and a head of celery, and with a bunch of sweet herbs, four cloves, and a blade of mace, add all to the meat,

over which pour one quart only of water, and place the stewpan covered over a slow fire till the meat is brown ; then turn it, but be careful it does not scorch. Then add three quarts of boiling water ; let it stew gently for an hour till you have carefully removed all the scum that rises ; after which, place the stewpan at the side of the fire, now adding two teaspoonfuls of salt. Let it simmer for four hours ; strain it through a tamis into an earthenware vessel, and set it by to cool. Then carefully remove the fat ; and when poured off to heat, do not disturb the sediment. This soup should be perfectly clear and of an amber colour ; and will look better without any addition of vegetables.

122. *Rich Brown Gravy Soup.*

Take four pounds of beef steak, quite lean, and fry it light brown with three sliced onions ; put into a stewpan four ounces of butter, and when dissolved, shake it round the pan, and lay in the meat and onions with a carrot, a turnip, and a head of celery, sliced, a blade of mace, two teaspoonfuls of salt, and a drachm of Cayenne. Pour over a quart of clear stock, and stew gently, adding by degrees two quarts of water, and carefully removing the scum as it rises. Let it simmer for six hours, then strain, and, when cool, clear it of the fat. When heated, add a glass of Madeira or sherry. This is a strong and rich soup. Serve with sippets of toast round, or boiled macaroni cut in pieces in it.

123. *Good Family Soup.*

Take two pounds of coarse lean beef and half a pound of lean bacon in thin slices, and fry them with three slices of onions and a small fresh cabbage, chopped. Put all into a stewpan with two pounds of potatoes, three ounces of rice, two carrots, and one turnip, sliced, two teaspoonfuls of salt, and one of pepper. Pour over at first two quarts of water, and set the pan over a slow fire ; skim carefully, and add by degrees two quarts more of water. Take out the potatoes when done, and mash them. After it has stewed three hours, take out the meat, and let the soup simmer another hour ; then strain it, thicken it with the potatoes rubbed through a colander,

cut the meat into pieces, and put in, and heat all. Then serve with toasted sippets.

124. *Plain Family Mutton Broth.*

Take three pounds of the scrag end of a neck of mutton, put it into a stewpan with two fried onions, two turnips, three teaspoonfuls of salt, and one of black pepper. Cover with three quarts of water, and let it simmer two hours, skimming it carefully; then strain it, and add three tablespoonfuls of barley or oatmeal stirred well into the broth, and one tablespoonful of chopped parsley and thyme; put the chops again into the broth and stew one hour longer, then serve with the chops in the broth.

125. *Mutton Broth, or Scotch Kail.*

Put four tablespoonfuls of pearl barley into three quarts of cold water, and let it boil. Let it cool; then put in two pounds of the best end of a neck of mutton, and allow it to simmer gently for an hour till you have removed all the scum. Then add two teaspoonfuls of salt, half as much black pepper, half a cabbage chopped small, two turnips cut in squares, and one carrot grated, with two onions or one leek shred. Simmer for two hours more, then take out the meat to serve on a separate dish garnished with turnips and carrots, and pour the broth into the tureen without straining.

126. *A quickly-prepared Mutton Broth.*

If required in haste, a very good mutton broth may be made as follows:—Take three pounds of the scrag end of a neck of mutton, cut it up into small pieces, and put it, with the bones, into a stewpan with one quart of stock. Let it simmer an hour, then add a turnip, carrot, and head of celery chopped, and one onion. Pour in a quart of hot water, season as before directed, with salt and pepper, and a little chopped parsley and herbs, and simmer two hours longer, when it will be ready, and can either be served with the meat and vegetables remaining in it, or strained and thickened with boiled rice.

127. *A very excellent Mutton Broth.*

Take a neck of mutton about six or seven pounds in weight and divide it into two pieces. Put the scrag end into a stewpan with two quarts of cold water, and set it on a slow fire till all the scum rise and be cleared off; then put in an onion with three cloves stuck in it, a crust of bread, eight black peppercorns, one blade of mace, and a small carrot, and let the whole stew gently for an hour. Pare the skin and fat off the other half of the mutton, add one quart of stock, and put the meat into the broth with five turnips, and let all simmer slowly another hour and a half; take out the turnips, press the water from them, and beat them quite into a smooth paste, with a teaspoonful of salt and as much good cream as will moisten them. Then take out the best end of mutton, and keep it and the turnip quite hot till the broth be ready. Skim off the fat, strain it, and simmer it for five minutes longer with a bunch of parsley chopped small and half a dozen marigold petals. Season with two teaspoonfuls of salt, and serve it with sippets of toast. The mutton which has been kept hot must be served in a separate dish, with the mashed turnips placed neatly round it.

128. *Sheep's Head Soup.*

In Scotland the head is merely singed, the horns sawed off, soaked in warm water, and scraped before it is used, as the skin is supposed to add to the richness of the broth; but this tedious operation is dispensed with usually in English cookery. The head is skinned and split, and the brains removed, which are made into *quenelles*, or forcemeat balls, as directed in Receipt 207, to add to the soup. Soak the head in water all night, dry it, then put it into a stewpan, and cover it with five quarts of water; add half a pound of pearl barley, and let it stew gently for an hour, removing all the scum. Then add two turnips, two carrots, and two small onions, in slices. Season it with three tablespoonfuls of salt, no other seasoning, and let it simmer three hours longer; or, if the head be large, it will require three hours and a half. Take out the head and skim off the fat; serve the soup in a tureen, and the head on a dish garnished with turnips and carrots.

129. *Veal Broth.*

Lay a moderate-sized knuckle of veal into the stewpan with a quarter of a pound of rice and a tablespoonful of salt. Pour over three quarts of cold water, and simmer over a slow fire an hour and a half till you have removed all the scum. Then add a teaspoonful of white pepper, a blade of mace, and two small onions. Stew for another hour and a half, then take out the meat and serve the broth in a tureen.

This is a cheap and good family soup.

130. *Excellent Veal Soup.*

Put four pounds of knuckle or leg of veal into a stewpan, with any other bones you may have in the house, half a pound of lean ham, and a quarter of a pound of rice. Add an onion with two cloves stuck in it, two blades of mace, six white peppercorns, a head of celery, and a tablespoonful of salt. Pour over them two quarts of cold water, and stew gently for two hours. Then take out the meat, and add a quart of clear white stock, and continue to simmer the broth for three hours longer. Strain it, and serve with sippets or with *quenelles*.

The veal may be dished to eat with egg-sauce or parsley-sauce.

131. *Hotch Potch, as made in Scotland.*

Fry three pounds of fresh lean mutton or lamb chops, put them into a stewpan covered with a quart of water, and stew gently for an hour; then add a quart of young green peas, a lettuce, and a cauliflower, sliced, a minced onion and a grated turnip and carrot, a tablespoonful of salt, and a tablespoonful of black pepper. Add two quarts of *bouillon*, or hot water, and stew another hour. Then serve in a tureen with the meat and vegetables.

132. *A cheap Soup.*

Take four pounds of coarse beef, a calf's foot, and a quarter of a pound of calf's or pig's liver; lay in a stewpan and cover with three quarts of water, stewing it gently and removing the scum for an hour; then add two turnips, a carrot, a head of celery, an onion with two cloves stuck in it, and a tablespoon-

ful of salt. Pour in by degrees two more quarts of water, and add a large slice of bread toasted very brown. Let the whole simmer three hours longer ; then take out the meat, which may be used cold or served as a stew, and send up the soup in a tureen.

• 133. *Scotch Barley Broth.*

Lay into the stewpan about eight pounds of leg of beef or knuckle of veal with half a pound of pearl barley ; put over it two quarts of cold water, and simmer it slowly for two hours, removing the scum carefully. Then put in two large onions, a bunch of sweet herbs, a teaspoonful of chopped parsley, a head of celery and two turnips cut into squares, a tablespoonful of salt, and a teaspoonful of black pepper ; then gradually add two more quarts of hot water, and let it continue to simmer two hours longer. Take out the meat, and skim off the fat. Do not strain the broth, but send it in with the barley and vegetables.

134. *Good plain Pea Soup.*

Among every-day useful family soups, none are so common as pea soup, made with little trouble and little cost. It is usual now to use the prepared peas powder for thickening this soup ; but to insure the thickening being genuine, many prefer to prepare whole or split peas, which require to be steeped in cold water for twelve hours, picked and drained. Put these into four quarts of the liquor in which pork, beef, or tongue has been boiled, and stew for an hour ; then pulp the peas through a tamis, and restore the pulp to the broth. Add a turnip, a carrot, a leek, and a stick of celery cut in squares ; stew for two hours longer, then season with a tablespoonful of salt, or less if the meat boiled in the broth was salted, and a teaspoonful of pepper. Fry bread cut in dice in butter, and put in the tureen, and pour the soup over it, adding, if not objected to, a teaspoonful of dried mint, rubbed very fine.

135. *Excellent Pea Soup.*

Put into a stewpan three quarts of good stock, and a pint of soaked split peas, or two large tablespoonfuls of prepared peas powder. Stew gently for an hour with a whole carrot, an

onion, and a stick of celery. Season with two teaspoonfuls of salt and half a teaspoonful of Cayenne. Pass the soup through a tamis, pulping the peas and vegetables. Then simmer another half-hour, and serve with fried sippets and rubbed mint, if approved.

136. *Chicken Broth.*

Cut up an old fowl, cover it with a quart of water, and stew it gently till it be done to rags, keeping up the quantity of liquor by adding a little water as it wastes. Season with a teaspoonful of mixed salt and pepper and a blade of mace, and add a slice of onion. If not objected to, a quarter of an ounce of almonds pounded with a teaspoonful of water, and stirred into the broth, improves the flavour. When all the nutriment is extracted from the fowl, strain the broth, let it stand to cool, and remove the fat before it be heated for use. This is chiefly used for invalids.

137. *A nutritious Chicken Broth.*

Cut the flesh off an old fowl, and break up the bones, and put into a stewpan, with two pounds of lean beef cut into small pieces, and as many hartshorn shavings as will lie in a large tablespoon. Season only with a teaspoonful of salt; cover with a quart of cold water, keeping up the quantity by adding a little as required. Simmer for three hours, then strain it for use. A teacupful will contain great nourishment.

138. *Chicken Essence, or Distilled Chicken.*

When it is necessary to administer support in a concentrated form, this preparation is invaluable, as a single teaspoonful affords great nourishment.

Cut up a juicy chicken into pieces, put it into a wide-mouthed bottle or jar, sprinkle over it half a teaspoonful of salt, cover it with a bladder in which a few holes may be pricked. Place the bottle on the hob, or a hot hearth; as it heats, the liquor distilled from the meat will rise and must be poured off. It is at once pleasant to the taste and highly nutritious.

139. *Good Chicken Broth for the Table.*

This broth, light and easy of digestion, is desirable for a delicate family. Half roast two good fowls, then cut them up neatly, and put them in a stewpan covered with a quart of cold water. Let it simmer an hour, and skim it carefully; then add a carrot, a turnip, a leek, and a lettuce, all chopped and previously fried lightly in butter. Season with a teaspoonful of salt, and simmer two hours longer; then take out the fowl, and pass the broth through a tamis; thicken with three or four tablespoonfuls of rice boiled till tender, and put back the fowl before you serve in a tureen.

140. *Hare Soup.*

Skin and clean a large hare, but preserve the blood; cut it up and put it in the stewpan with the blood, three quarts of cold water and two pounds of coarse beef. Let it simmer for three hours, skimming it well. Then take out the best pieces of the hare—the back and upper part of the legs—and put them aside, and add an onion stuck with six cloves, an ounce and a half of salt, six peppercorns, a head of celery, a carrot, and a bunch of sweet herbs, and let it simmer one hour longer. Then take out the rest of the hare, cut it from the bones, and pound it in a mortar with the crumb of a stale loaf, and mix it with the soup, which may simmer half an hour longer. The beef may then be taken out, and can be used for potting, and the soup strained through a tamis. It can then be served with the best joints added to the soup; or clear, with the addition of a glass of port wine, and some *quenelles*.

141. *Rich Hare Soup.*

As the blood is supposed to contain a great part of the flavour of the hare, it is usually preserved, but may be always omitted when not liked. The hare must be cut up, the blood poured over it in the stewpan, and two thin slices of lean ham laid upon it. Cover with four quarts of good stock, and let it stew gently for two hours till reduced one quarter, skimming it well. Then add an onion stuck with six cloves, two teaspoonfuls of salt, two blades of mace, a drachm of Cayenne, and a small bunch of sweet herbs and parsley, and take out the back of the hare;

stew it another hour, then strain off the soup, pound the remainder of the hare to a paste, and add a tablespoonful of black-currant jelly and two glasses of port wine ; cut the meat off the backbone in small squares, add *quenelles*, and send up the soup quite hot. Some prefer to have only three quarts of stock used, and a whole bottle of port or Madeira ; but this is great extravagance, without the advantage of a more agreeably-flavoured soup. As a winter soup, hare is always in great request.

142. *Rabbit Soup.*

Cut up two good rabbits, keep the livers apart, and fry the joints ; then lay them in a stewpan with the livers, and pour over two quarts of good beef stock, and simmer for two hours, removing all the scum ; then take out the backs of the rabbits, and cut off the meat, put back the bones and add an eschalot, an onion, a bunch of sweet herbs, a head of celery, two carrots, a teaspoonful of salt, and a drachm of Cayenne. Stew another hour, then strain the soup, rub the liver through a sieve, and heat the soup for the table, adding a glass of port wine and a tablespoonful of mushroom ketchup, and serve with sippets of fried bread, and the meat of the back cut in dice put into the soup.

143. *Rabbit Soup—White.*

Cut up two rabbits and stew for two hours in two quarts of veal stock, then take out the rabbits, cut off all the meat and pound it, with a spoonful of cream, into a smooth paste, which mix with the soup, and put in the bones also ; add two onions, a head of celery, a carrot, a bunch of sweet herbs, and a sprig of parsley ; season with a teaspoonful and a half of salt, six white peppercorns, and two blades of mace, and stew two hours longer ; then strain it, add a pint of thick cream, a quarter of a pound of ground rice carefully blended, and a glass of light white wine ; heat all up and serve with sippets of toast dipped in cream and fried.

144. *Venison Soup.*

This soup is usually prepared in a house where game is plentiful, and where a careful cook collects all the bones,

heads, or cold remains of pheasants, partridges, or any other game; these must be broken up and stewed for two hours in three quarts of strong stock; then strain the soup, and pound the meat with a little butter into a paste, stir it into the soup, add a whole onion, a head of celery, and a carrot; season with two teaspoonfuls of salt, half a teaspoonful of Cayenne, and a blade of mace pounded; broil some venison steaks and put into the soup, stew another hour, then take out the vegetables, add a tablespoonful of currant jelly and two glasses of port wine, and serve the steaks in the soup.

145. *Partridge Soup.*

Skin two old partridges and cut them up; put the meat into a stewpan with two slices of lean ham, a stick of celery, and two onions sliced and fried in butter; pour over them two quarts of good stock, and stew for an hour; then add six peppercorns and a teaspoonful of salt; stew for another hour, strain the soup, pound the meat, and stir it in, and add two heads of celery cut up and well stewed. Fry bread in dice, and add to the soup immediately before it is served.

146. *Grouse or Pheasant Soup.*

Roast a brace of pheasants or grouse for about a quarter of an hour; then cut off the best meat—the breast, &c.—and put it aside; cut up the rest of the birds, break the bones, and put in the stewpan covered with two quarts of unseasoned beef or veal stock; stew gently for three hours without seasoning or vegetables, and rub the meat and strain the soup through a tamis. Skin the meat laid aside, and pound it in a mortar with two ounces of butter and two tablespoonfuls of grated hard-toasted bread; add this paste to the soup, and season with a tablespoonful and a half of salt, a drachm of Cayenne, and two blades of mace pounded. The water in which an eschalot or an onion has been boiled is added by some cooks; but it injures the delicate flavour of the game, which ought to predominate. For the same reason it is desirable to send in the *quenelles*, or forcemeat balls, separate, instead of in the soup; which, after seasoning, should simmer for half an hour, that all be properly mingled. Where game is plentiful, this soup is

in great request. Some cooks allow one bird pounded for each of the party ; but this calculation is extravagant.

147. *Turkey or Guinea-Fowl Soup.*

This soup is useful, because, agreeable in flavour, it may be made at little cost, the day after roast turkey or guinea-fowl, has been used. The remains, bones and forcemeat, setting aside any of the better parts of the meat, must be laid in a stewpan with a shank bone, or slice of lean ham, or the root of a dressed tongue, a small onion, and two heads of celery ; cover with two quarts of stock, and simmer gently for two hours ; then strain the soup, pound the meat set aside and stir in, seasoning with one teaspoonful of salt and a quarter as much of Cayenne ; thicken with two tablespoonfuls of ground rice, and simmer for half an hour longer. Serve with *quenelles* or sippets of toast.

148. *Goose Soup.*

In France, where soups form a considerable portion of the diet, goose soup is much appreciated, and if carefully prepared is excellent. The goose must not be too fat. Truss it as if for roasting, and put it into a stewpan with three quarts of beef stock, the giblets, a slice of lean ham, a leek, an onion, a carrot, and a head of celery ; simmer very gently, removing the scum for four hours, then take out the goose and keep it hot, and the giblets, which may still be used for potting ; strain the soup, season it with a drachm of Cayenne, and no salt, as the ham will have rendered it sufficiently salt. Simmer for half an hour, line the bottom of the tureen with hard-toasted bread, then add two glasses of Madeira to the soup, and pour it over the toast in the tureen.

The goose can be served with onion sauce, or any of the sauces used for boiled goose.

149. *Giblet Soup.*

Take two sets of goose giblets, or four sets of ducks' giblets ; wash them in several waters ; cut up the gizzards, liver, and necks into small pieces ; break the bones of the head, legs, and pinions ; fry all with a slice of lean ham, and put into a stewpan with two quarts of stock ; let them simmer an hour

till you remove all the scum ; then add three small onions, a bunch of sweet herbs, a teaspoonful of salt, and as much white pepper ; simmer for two hours longer, then take out the giblets and put into the tureen ; strain the soup, add to it a glass of white wine, and when quite hot, pour over the giblets, which must be served in it with toasted sippets.

150. *Cock-a-Leeky.*

This famous soup is peculiarly a Scotch dish ; but, when well cooked, is by no means a despicable soup. It is prepared as follows :—Put a large old fowl into a stewpan with two pounds of lean beef, three or four leeks, a little parsley, and some spinach ; season with salt and pepper ; cover with four quarts of good broth, stock, or cold water, and stew for four hours ; then take out the meat, strain the soup, put it on the fire again with a young fowl cut up, half a pound of rice half boiled, and two dozen leeks cut into pieces an inch long ; stew gently for two hours, when the soup will be properly reduced, and the fowl and leeks tender. Serve all together in a tureen.

151. *White Soup.*

It is always advisable to have a separate stock-pot for white soups. The meat used for this stock should be veal, fowls, or rabbits, cow's-heel, or calf's-foot. Fish stock also adds a pleasant flavour to white soup ; but the peculiar seasoning and flavouring is of the greatest importance. If no stock be prepared beforehand, a good white soup may be made as below.

Break up a large knuckle of veal, and put into a stewpan with a pound of lean ham, a bunch of sweet herbs, a head of celery, and an eschalot ; season with two blades of mace and a dozen white peppercorns ; cover with four quarts of water, and stew gently for five hours till the meat be in rags, and the soup properly reduced. Then strain it through a sieve, and let it stand to be perfectly cold, when you can remove the fat perfectly. When wanted, pour off the stock carefully into the stewpan, leaving the sediment, and put it on the fire to heat. Have the thickening ready, which must be made as follows :—Blanch and pound a quarter of a pound of sweet almonds with a spoonful of cold water, pound a slice of fowl or veal dressed,

with two tablespoonfuls of fine bread-crumbs, and two blades of mace ; mix these smoothly with a pint of good cream, put in half the thin peel of a lemon, and simmer a few minutes over the fire, mixing with it by degrees a pint of the soup. Then add the thickening to the soup, and simmer altogether for half an hour ; take out the lemon peel, and serve with sippets of toast.

152. *A Cheap Family White Soup.*

Take a small knuckle of veal, a pound of lean ham or bacon, a bunch of sweet herbs, an onion, a small piece of lemon-peel, and a blade of mace, and put in a stewpan covered with three quarts of water, and stew gently for two hours ; then take out the veal, which can be served separately with egg or parsley sauce, and strain the soup. Blend two tablespoonfuls of arrowroot with the same quantity of cream, and stir it into half a pint of new milk ; add this to the soup ; season with a teaspoonful of salt, and simmer for ten minutes ; then serve with sippets of toast.

153. *Very Rich White Soup (Potage à la Reine).*

Lard and roast two large fowls filled with a stuffing made of one carrot, two onions, and a bunch of parsley and herbs, all minced fine and seasoned with a blade of mace, and two cloves pounded, and a teaspoonful of white pepper. Let the fowls roast for an hour, basting them continually. When done, skin and bone them, and pound all the flesh into a paste with a teacupful of bread-crumbs, and the hard-boiled yolks of three eggs. Stir this paste by degrees into half a pint of warm cream, and mix the whole with two quarts of good white stock ; simmer the soup over the fire for half an hour, and add before serving two glasses of very good sherry. Have ready dice of bread fried in butter and dried before the fire, and add them to the soup when in the tureen.

154. *Consommé, or Pure Broth.*

Lay in a stewpan two pounds of lean fresh beef, half a pound of lean ham, and a large old fowl, cut up ; moisten the whole with a few tablespoonfuls of veal stock, heat it over

the fire, turning it frequently for a quarter of an hour ; then add a quart of veal stock, and simmer for an hour, removing all the scum and fat ; add then two carrots sliced, two onions, two leeks, a bunch of parsley, two teaspoonfuls of salt, a dozen peppercorns, a blade of mace, and three or four mushrooms, and fill up the pan with four quarts more of stock, which must simmer for six hours. It may then be strained through a fine silk sieve and left till cold, that every particle of fat may be removed. Heat when required, and serve clear with sippets of toast.

155. *Tongue Soup.*

Put a small tongue into a stewpan with any bones or trimmings of veal or fowl, and stew for four hours, removing the scum. Take out the tongue, skin and trim it, and leave to cool. Put back the trimmings, and the root, with a carrot, a turnip, a head of celery and onion, and half a teaspoonful of Cayenne, and stew one hour more ; then strain the soup, and, when cool, remove the fat, and set on to heat, with a turnip and carrot cut in squares, and two tablespoonfuls of grated tongue. Let it simmer slowly for an hour, and serve with boiled rice or sippets. A useful and cheap soup.

156. *Portable Soup.*

Put a large knuckle of veal, a shin of beef, and three pounds of juicy beef into a stewpan, and cover with two quarts of water ; stew for an hour ; then take the marrow out of the bones, and add to the soup, with two teaspoonfuls of salt, a dozen peppercorns and two onions ; stew for six hours, and if much reduced, you may during the time gradually add a pint more water. When the meat is quite in rags, strain the stock off, and set in a cold place till the fat can be removed in a cake ; then put the soup into a *bain-marie*, set it on a quick fire and let it boil, not simmer, for eight hours, stirring it constantly. Pour it out into a china dish, and let it stand a day ; then heat it again in a *bain-marie*, stirring it till it becomes thick and ropy, when it may be poured out into small, shallow, round moulds of earthenware, to form cakes, which when cold, must be turned out upon flannel to dry. Keep the cakes in tin canisters. When used, it is only necessary to put a cake into boiling

water, in proportion to the strength you require the soup to be, and when melted, use any further seasoning or vegetable that may be required. This portable soup is convenient when you reside far from a butcher, and cannot readily obtain fresh meat ; or on long journeys. A basin of soup can thus be made in five minutes.

157. *A cheap Rice Soup.*

Wash very clean, and boil in several waters till quite tender, but not broken, half a pound of rice, throwing in, as it boils, a tablespoonful of salt. Drain the rice ; then put into a stewpan with two quarts of veal or beef stock ; season with a teaspoonful of white pepper, or half as much Cayenne ; simmer for a few minutes over the fire, and serve. An excellent soup for the nursery, or for invalids.

158. *Rice Soup, white.*

Prepare half a pound of rice, as above ; leave half to drain, when tender, and rub the other half through a tamis, and add two quarts of white stock ; heat the stock in a stewpan, and season with salt and Cayenne as before, and a blade of mace pounded. When the soup is heated, stir in half a pint of cream, or milk thickened with the yolks of two eggs, and add the whole rice ; let all be quite hot before you serve the soup.

159. *Vermicelli Soup.*

Take three quarts of consommé, or any good stock ready seasoned, and put in a stewpan, with six ounces of vermicelli in small pieces, and a head of celery cut small ; and let it simmer for half an hour slowly. It may be served clear, or, if preferred, with a few green leaves of chervil, and thickened just before serving with the yolks of four eggs beat well with two tablespoonfuls of cream. The soup is then often poured over a French roll, which is placed at the bottom of the tureen. Semoulina may be used instead of vermicelli, in the same way.

160. *Soup of Nouilles.*

Prepare the *nouilles* first by making a paste of the yolks of six fresh eggs, and the whites of two, beat separately, into

which stir two teaspoonfuls of salt, a quarter of a nutmeg grated, half a teaspoonful of white pepper, and a pint of flour; mix these into a very stiff paste, roll out very thin, and cut into shavings; let them dry perfectly; then heat two quarts of stock or *consommé*, and gradually add the *nouilles*, which will swell in the soup. Serve in ten minutes after the *nouilles* are added.

161. *Chestnut Soup.*

Take off the outer skin of about a hundred chestnuts, then heat them till you can peel off the under skin. Stew them gently for half an hour, or till they are quite soft, in a quart of stock; then take them out and pound them into a paste, with the meat of a cold roasted partridge, two teaspoonfuls of salt, half as much white pepper, and a blade of mace; rub it through a tamis, back into the stock, and mix with it by degrees a quart and a half more of the stock; stir in a pint of good cream, simmer for ten minutes, and serve with sippets. This is a rich and delicious soup.

162. *Macaroni Soup.*

If only used like vermicelli or semolina as a finish for gravy, *consommé*, or white soups, a quarter of a pound of macaroni is sufficient. It must be fresh and good, not the low-priced English macaroni, which has a bad flavour. Put it into boiling water, and simmer it till perfectly tender, but not broken; then take it out, drain it, and cut it into pieces about an inch long. It must be thrown into the soup a minute or two before it is taken off the fire,—not longer, lest it should burst.

For a highly-flavoured macaroni soup, boil half a pound of the macaroni in a quart of veal stock till quite tender; then take out half, and drain, and add another pint of stock to the remainder, and stew an hour till perfectly soft; pulp it through a fine sieve, and return it to the stock; add another pint, and stir in a pint of cream, half a teaspoonful of Cayenne, and a quarter of a pound of grated Parmesan cheese; add the drained macaroni. Let all get quite hot; then serve with sippets of toast.

163. *Soup à la Julienne.*

The roots for this ever-welcome vegetable soup should be neatly and expeditiously cut, or the soup will neither look nor taste well. A root-cutter, or rasp, as it is called, may be bought, which cuts them in exact form; that is, in fillets about an inch long and a quarter of an inch in thickness and width.

Cut up three carrots, three turnips, two large sticks of celery, three onions, and three leeks. Fry these in a pan with two ounces of butter, over a slow fire, for ten minutes. Put them in the stewpan, cover with three quarts of strong stock, and simmer for half an hour; then, if in season, shred two lettuces, a few leaves of sorrel and of chervil, a quarter of a pint of French beans cut in lozenge form, and any other spring vegetables approved. Season with a tablespoonful of salt, half a teaspoonful of Cayenne, and a single lump of sugar. Simmer gently for half an hour, that all the vegetables may be tender, and serve with bread fried in dice.

164. *Soup of Vegetable Purée.*

Lay at the bottom of a stewpan half a pound of lean ham sliced; add a quart of split peas; shred two turnips, two carrots, two sticks of celery, two leeks, a pint of haricots or lentils, upon the ham. Add six ounces of butter, and when that is melted, stir the vegetables well in it for a few minutes; then pour in a pint of good stock and a quarter of a pound of rice, and stew the whole for an hour till the vegetables are quite tender; pulp them through a sieve, and return to the stewpan with two quarts of good stock or consommé. Season with salt and cayenne, as before directed, and serve with thin sippets of toast.

165. *Summer Vegetable Soup.*

Pare and slice three small cucumbers and five or six onions, and fry them brown. Put them into a stewpan, with the hearts of four lettuces shred, two leeks, a small bunch of chervil and parsley, a sprig of mint, and a pint of green peas. Stew the whole for half an hour with half a pound of butter, stirring and turning over the vegetables with a fork; then pour over them two quarts of veal stock. Season with the usual proportion of

salt and Cayenne, and two blades of mace, pounded. Simmer for an hour, and add a quarter of a pint of good cream. Let the cream be well mingled with the soup; then serve with the vegetables.

166. *Winter Vegetable Soup.*

Slice six onions, six carrots, and four turnips. Fry them in two ounces of butter, and lay them in the stewpan, with two leeks and two heads of celery, cut in pieces. Pour over them two quarts of beef stock, and add four tomatas, peeled and divided, a bunch of sweet herbs, two cloves, salt and Cayenne, and a quarter of a pound of split peas. Stew all for two hours; then strain the soup, and pour it into the tureen over a crust of bread toasted very brown and hard.

167. *Green Peas Soup (Potage à la Purée de Pois Verts).*

Shell a peck of green peas, and set aside half—that is, a pint—of the youngest peas. Put the rest into a stewpan, with one onion, a lettuce shred, a sprig of mint, and a few leaves of spinach, a tablespoonful of salt, and a quarter of a pound of butter; and let them stew an hour, gently, till you can pulp the vegetables through a sieve. Add the pulp to two quarts of clear stock, seasoned with a little more salt, a lump of sugar, and a teaspoonful of pepper. Let it simmer over the fire; and, in the mean time, put the peas reserved into a saucepan of boiling water, in which a tablespoonful of salt has been thrown. Let them boil gently for twenty minutes; drain them through a colander, and add them to the soup. Boil and shred some green mint into the soup, and serve with sippets.

168. *A Cheap Green Peas Soup.*

Shell a peck of young peas; put the shells into a stewpan with a quart of water, two ounces of salt, and a teaspoonful of sugar, and boil them for three quarters of an hour. Then pulp the shells through a colander, or sieve, and add the liquor to two quarts of *bouillon* or stock, with a sliced onion fried, a little parsley, mint, and a few leaves of lettuce chopped, a teaspoonful each of salt and pepper, and the peas. Stew gently for an hour; then serve with the peas and sippets.

169. Asparagus Soup (*Potage à la Purée d'Asperges*).

Asparagus soup is made in the same way as the green peas soup (No. 167), using the heads of the asparagus instead of the peas. About a hundred large heads will be required, half to be pulped through a sieve and the remainder cut in when the soup is nearly ready. The usual seasoning of salt and pepper must be added, but no other vegetable. The delicate flavour of the asparagus must be preserved pure.

170. Carrot Soup.

Put into a stewpan some beef bones with four quarts of the *bouillon* of beef or mutton, two onions sliced, a teaspoonful of black pepper, and twice as much salt, and stew for three hours; then strain. Wash and scrape six large carrots, peel off the red part, and slice it very thin into the soup. The middle part is not to be used. Stew for two hours, then rub the carrots through a sieve with a wooden spoon; it will then be about as thick as pea soup. Heat it again, and serve with sippets. This is a cheap and good family soup.

171. Superior Carrot Soup (*Potage à l'Aurore*).

Grate all the red part from twelve young carrots, and put the grated part, with half a pound of lean ham in thin slices and a sliced onion, into a stewpan, with four ounces of butter; stir them with a wooden spoon over a slow fire for an hour till the colouring is equal; then cover with two quarts of *consommé*, and let it simmer over the fire for another hour; take out the ham and strain the soup, rubbing the carrot through the sieve. Heat the soup a few minutes, season with salt and Cayenne only, and serve with crisp sippets.

172. Onion Soup.

Boil eight large onions in water for ten minutes; then pour off the water and boil them fifteen minutes, or longer if they have not become quite soft, in milk and water, and rub them through a sieve into a quart and a half of white stock, put into it three tablespoonfuls of grated bread-crumbs and half a pint of thick cream; season with two teaspoonfuls of salt and one of white pepper, and simmer for an hour before serving.

173. *Brown Onion Soup.*

Peel and shred twelve middle-sized onions into a stewpan, with half a pound of butter, a teaspoonful of pounded sugar, and a tablespoonful of flour, which must be dredged over the whole. Stir with a wooden spoon, and let them brown for twenty minutes. Then pour over two quarts of strong beef stock, and simmer for an hour; strain the soup, and rub the onions through a tamis; beat the yolks of two eggs with a glass of brandy, and mix well with the soup a minute or two before you serve it.

174. *Celery Soup.*

Split half a dozen sticks of celery, and cut in slips about an inch long; wash them well, stew for ten minutes in a pint of white *consommé*. Then pour over a quart and a half of white stock or *consommé*, season with two teaspoonfuls of salt, but no pepper. Simmer for an hour, stir well into the soup a pint of good cream, heat five minutes longer, then serve with sippets of toast.

175. *Leek Soup.*

Cut up four large leeks into pieces an inch long, scald them for five minutes in boiling water, then take them out and fry in butter for ten minutes. Put them into a stewpan and pour over two quarts of *bouillon*. Let it simmer an hour, season with two teaspoonfuls of salt and half a teaspoonful of Cayenne. Mix a quarter of a pound of oatmeal with a little stock till quite smooth, and blend it carefully with the soup; let it simmer another half-hour, and serve with dice of fried bread.

This is a Scotch dish, and is sometimes too strong for English palates.

176. *Turnip Soup.*

Wash and pare some turnips, and let them lie ten minutes in cold water; slice three pounds of them into a stewpan, with a quarter of a pound of butter; turn them over continually till the butter be melted, then add a pint of veal stock, an onion with three cloves stuck in it, and a crust of bread. Stew gently for an hour, then strain and pulp the turnips into two quarts of veal stock. Season with two

teaspoonfuls of salt, one of white pepper, and a blade of mace, powdered; mix a tablespoonful of arrowroot or ground rice, gradually, with a pint of cream, and stir into the soup; simmer five minutes, and serve with sippets, or with a little vermicelli thrown in.

177. *Cucumber Soup (Potage à la Purée de Concombres).*

Peel eight or ten small cucumbers, split them, take out the seeds, cut in long slices on a large dish, sprinkle them with salt, and let them stand half an hour. Pour off the drainings, and put the cucumbers in a stewpan with a sliced onion, a few leaves of sorrel chopped fine, and a pint of *consommé*. Stew for an hour, or longer if the vegetables be not perfectly soft; then rub them through a tamis, add a quart of stock and a pint of cream thickened with a little arrowroot or ground rice. Season with two teaspoonfuls of salt and one of white pepper. Simmer for ten minutes, and serve with sippets.

SOUPS MAIGRES.

Though most of the vegetable soups we have named before may be rendered *maigre* by the substitution of fish or vegetable stock for meat stock, we add some vegetable and fish soups peculiarly adapted for Lenten dishes.

178. *A Good Vegetable Soup Maigre.*

Melt half a pound of butter into a stewpan, slowly shaking the pan round, slice into it four ounces of onion, one turnip, one carrot, two heads of celery, as much spinach as will fill a basin when whole (must be shred), and a sprig of parsley. Toss the vegetables well round in the pan for ten minutes; then add two quarts of boiling water, a large slice of bread toasted hard and brown; simmer for an hour, and rub through a tamis. Have ready two turnips and two carrots boiled; cut the turnips and the red part of the carrot into dice, and put with the soup into the stewpan. Season with three teaspoonfuls of salt, one of pepper, half as much Cayenne, and two blades of mace pounded. Simmer gently for a quarter of an hour;

then, before you serve, add a glass of white wine, or a tablespoonful of mushroom ketchup.

179. *Potato Soup.*

Boil about two pounds of good potatoes and mash them with milk and a quarter of a pound of butter ; in another saucepan boil two onions ; mash them and mix with the potatoes, cover in a stewpan with two quarts of boiling water, add a bunch of parsley and chervil, and simmer for an hour ; then rub the vegetables through a tamis, and put back into the soup ; season with salt and pepper as in the preceding receipt, and add either half a pint of cream or a tablespoonful of Worcester sauce, and serve with sippets of toast.

180. *Peas Soup.*

Put a pint of split peas, well washed, into five quarts of cold water and stew gently for four hours, skimming the liquor constantly ; then fry in butter two turnips, two carrots, and two onions in slices, and add, with a head of celery, a sprig of mint, a teaspoonful of pepper, and twice as much salt ; stew another hour, then rub all through a tamis, and put on again for ten minutes ; add a tablespoonful of mushroom ketchup, and serve with dice of bread fried in butter in the soup.

181. *Green Peas Soup.*

Put a quart of young green peas into a stewpan with half a pound of butter ; shake them round continually that they do not brown, for a quarter of an hour ; then take out half the peas and set aside, and pour over the rest two quarts of boiling water or vegetable stock. Shred a basin of spinach, a head of celery, a sprig of mint, and half a dozen green onions. Stew for two hours, then add the reserved peas, another quarter of a pound of butter rolled in flour, two teaspoonfuls of salt and one of pepper. This is an excellent soup.

182. *Spinach Soup.*

Shred as many spinach-leaves as would fill a large basin, with two onions, a lettuce, and two or three leaves of sorrel ; cut up all, and fry in butter till brown ; put them into a stewpan

with the butter in which they were fried, half a pound more rolled in flour, two cloves, two blades of mace, and a teaspoonful of salt, and half as much pepper. After the butter is melted and well mixed with the vegetables, pour in by degrees a quart and a half of boiling water or vegetable stock, and stew for two hours; strain off the soup and put it back into the stewpan. Beat up the yolks of six eggs with some fine bread-crumbs, another teaspoonful of salt, a teaspoonful of lemon-juice, and a glass of white wine, and stir into the soup before serving. Stewed spinach may be served with the soup.

183. *Cauliflower Soup, or Mullagatawny Maigre.*

Slice three fine cauliflowers, two onions, two heads of celery, two cucumbers, a clove of garlic, and a cupful of French beans, and fry in butter; put them into a stewpan with half a pound of butter and two tablespoonfuls of good currie powder. Shake the pan round till the butter is thoroughly melted, then pour over two quarts of boiling water, and stew for three hours till the whole is a pulp; strain the soup and put again over the fire, adding two teaspoonfuls of salt, and let it simmer till you slice three more fine cauliflowers and cut into pieces; fry them in butter, and as they are frying sprinkle over them another tablespoonful of currie powder; put them into the soup, and simmer two or three minutes before you pour it into the tureen. A glass of Madeira will improve the soup, which cannot be distinguished from a meat soup. Serve with boiled rice.

184. *Chestnut Soup Maigre.*

Slice two onions, a head of celery, and a cucumber; fry in butter, and lay in a stewpan. In the mean time have roasted and peeled about twelve dozen chestnuts; pour over them two quarts of boiling water and stew for half an hour; then take out half the chestnuts and lay aside. Stew for three hours; then rub the whole through a tamis, and set the soup again on the fire. Season with two teaspoonfuls of salt and one of pepper; put in the whole chestnuts; simmer half an hour longer, and serve with sippets.

185. *Sago Soup.*

Wash and clean thoroughly half a pound of sago, and put it in a stewpan, with two quarts of vegetable stock ; stew for two hours ; season with two teaspoonfuls of salt, half a teaspoonful of Cayenne, as much powdered mace, and a lump of sugar. Before it is served, add a tablespoonful of lemon-juice and a glass of white wine ; and add to the soup, when in the tureen, some *nouilles*, as directed in Receipt No. 160.

186. *Macaroni Soup Maigre.*

Boil the macaroni for ten minutes in new milk ; take it out and drain. Put into a stewpan a quart of fish stock, season it with a teaspoonful of salt, as much white pepper, a blade of mace, pounded, and a teaspoonful of good unmade mustard. Stew for a quarter of an hour, then add a quarter of a pound of butter rolled in flour, stir it well in ; then a pint of good cream, and twelve ounces of Parmesan or other well-flavoured cheese. Simmer for five minutes, then add the macaroni, cut in pieces of an inch in length. In ten minutes more all will be well blended, and the soup may be poured into the tureen and served with sippets. It is an excellent soup.

187. *Good Fish Soup.*

Cut into fillets six pounds of soles, carp, or perch, and throw a little salt over them. Put into a stewpan the bones and trimmings of the fish, the roes and melts, a bunch of parsley and chervil, two onions in quarters, two sliced lemons, and a teaspoonful of the grated peel. Stew in a quart and a half of fish stock for an hour. Then rub through a tamis into a stewpan again. In the mean time, fry the fillets and put them in the soup ; add six ounces of butter and two glasses of white wine. Season with a teaspoonful of salt, and half as much Cayenne and mace mixed. Stew for ten minutes, then serve with *quenelles* of fish (No. 218) in the soup.

188. *A Cheap Fish Soup.*

Put five pounds of cod, ling, haddock, halibut, or any cheap fish in a stewpan with a carrot, a turnip, an onion, a lettuce,

and a few leaves of sorrel, all cut up; add a teaspoonful of salt; pour over them two quarts of cold water, and stew gently for two hours. Strain off the soup, and put it on the fire again, with a quarter of a pound of butter, a turnip, a carrot, and a stick of celery cut in dice, a teaspoonful of salt, and half as much pepper and mace. Simmer half an hour that the vegetables may be tender; fry bread, cut in dice, and put in the tureen, and pour the soup over them.

189. *Salmon Soup.*

Have ready three pounds of salmon in fillets, and in the mean time put in a stewpan two quarts of fish stock, a pint of green peas, a lettuce shred fine, and a bunch of sorrel. Stew for an hour, then strain the soup and rub the peas through a tamis. Have ready another pint of peas, boiled for ten minutes, and add to the soup; set it on the fire, and season with salt and pepper. Fry the fillets of salmon in a good deal of butter, and put into the soup with the butter in which they were fried, and let all simmer a quarter of an hour. Then serve the soup with the salmon and peas in it.

190. *Skate Soup.*

Cut up four pounds of skate, and put it with all the bones into a stewpan, and cover with four quarts of water; stew till the liquor be reduced half; add a turnip, an onion, a head of celery, and a bunch of parsley, when the fish has been on an hour. When reduced, strain off the soup, and put in a stewpan, with six ounces of boiled vermicelli and half a pint of cream beaten with the yolks of two eggs; stir it well by the side of the fire. Season with salt and pepper, and in ten minutes it will be ready to serve.

191. *Eel Soup.*

Cut up three pounds of eels, unskinned, into short pieces, and put in a stewpan with two quarts of cold water, a dozen white peppercorns, two blades of mace, two teaspoonfuls of salt, an onion, and a bunch of parsley. Cover close and stew for two hours, or longer if the flesh be not fully boiled down.

Have ready toasted dice of bread fried in butter ; put them into the tureen and strain the soup over them. It will be rich as meat soup, and may be further improved by a glass of port wine added a minute or two before it is served.

192. *Lobster Soup.*

This is one of the most delicious of fish soups, if carefully made. It will require the meat of four good-sized lobsters. Take the meat out of the bodies, claws, and tails ; cut into dice and set aside. Then bruise the fins, chine, and small claws in a mortar, and put in a stewpan with two quarts of fish stock, the toasted crust of a French roll, an onion, the peel of a small lemon, two teaspoonfuls of salt, and half a teaspoonful of Cayenne. Let the soup stew three quarters of an hour, make *quenelles* of the pounded coral of the lobster, part of the meat, two ounces of butter and bread-crumbs, united with egg well beat. Fry them in butter, and put them into the tureen before the soup is poured in. Strain the soup, and add the pieces of lobster five minutes before serving.

193. *Cray-fish Soup, or Potage à la Bisque.*

Pick the meat out of fifty cray-fish, reserving the tails whole ; pound the shells with a quarter of a pint of bread-crumbs and a quarter of a pound of butter, and put in a stewpan with two quarts of fish stock, an anchovy, half a dozen mushrooms, an onion, three blades of mace, two teaspoonfuls of salt, and one of white pepper. Stew for two hours ; add a bottle of light French wine, then strain and set on the fire again. Pound all the meat of the cray-fish, except the tails, blend with a quarter of a pound of butter, and stir gently into the soup. Then put in the tails whole. Simmer for five minutes, and serve with sippets. This is one of the most approved soups.

194. *Oyster Soup.*

Beard a hundred good oysters, leave half aside, and beat the rest in a mortar with the yolks of four hard-boiled eggs, a teaspoonful of salt and pepper, a teaspoonful of lemon-juice, and two ounces of butter ; when quite smooth, stir into two quarts

of fish stock. Simmer for half an hour, add another teaspoonful of salt and pepper, and a quarter of a small nutmeg grated ; then put in the oysters set aside, and all the liquor. Put in the tureen toasted bread cut in dice, and pour the soup over, which will be thick as cream.

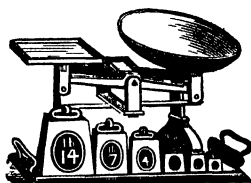


CHAPTER VI.

FORCEMEATS, QUENELLES, ETC.

ONE of the perfections of good cooking is the skilful composition of forcemeats, to impart to the dish of which they form a part, the flavour and relish which it peculiarly requires; and to proportion the ingredients so that no one should predominate, but the combination form one harmonious whole; especially the cook must be careful not to exceed the just proportion of herbs, or of spices, and to season as it may suit the dish it accompanies.

It is an important point also, that the forcemeat should be



WEIGHING-MACHINE.



PESTLE AND MORTAR.

neither too light nor too heavy; it should be sufficiently consistent to cut with a knife, but never stiff or dry. The pounded ingredients should always be smooth, the minced or grated materials fine, and all should be well incorporated. If intended for soups, the balls must be tolerably firm, and are usually browned first, for should they fall to pieces, the appearance of the soup is injured. The materials for forcemeats are so many, and so varied by circumstances, that it would be superfluous to

give a list, when we give the receipts for every variety of composition.

195. *Force meat for Veal.*

Chop two ounces of lean undressed veal, quite free from skin or fibre, two ounces of beef suet, and two ounces of fine bread-crumbs, two drachms of chopped parsley, one drachm each of sweet herbs, and of onion also chopped, and one drachm of grated lemon-peel, two drachms of salt, one of pepper, one of mace in powder ; pound all in a mortar, and moisten with the unbeaten yolk of an egg till it forms a smooth firm mass.

196. *Force meat for Veal or Roast Fowl.*

Chop very fine four ounces of beef suet, marrow, or butter, as you choose, two ounces of finely grated lean ham, four ounces of fine bread-crumbs, two drachms of parsley, two drachms of mixed thyme, marjoram, and onion, all chopped as fine as possible ; one drachm of salt, one of pepper, and half as much nutmeg ; mix well and unite with the unbeaten yolks of two eggs. Part of this may be fried in small balls to garnish the meat.

197. *Sausage Force meat for Roast Turkey or Fowl.*

Take equal quantities of sausage meat (No. 413), and bread-crumbs, add a teaspoonful of salt, half as much pepper, and a drachm of mace ; mix and pound with two ounces of butter, then bind all with the yolks of two eggs. This forcemeat is much used when sausages are not served with the fowls.

198. *Oyster Force meat for Boiled Fowls.*

Open and beard a quarter of a hundred of fresh oysters, keep the liquor, and pound the oysters in a mortar, with six ounces of finely-grated crumbs, two ounces of butter, a teaspoonful of minced parsley, a teaspoonful of salt, half as much pepper, and as much grated lemon-peel ; add the yolk of an egg, and the oyster liquor by degrees, and when all are reduced to a smooth paste, fill your fowl. This quantity is sufficient for a large turkey, and the proportions may be reduced if for a

smaller fowl, or the surplus fried in balls for garnish. Oyster sauce should be served when this stuffing is used.

199. *Force meat for Hare.*

Boil the liver of the hare slowly for five minutes, and mince it small with a middle-sized onion fried, two ounces of lean ham, two ounces of beef suet, half a teaspoonful of the outer rind of lemon minced, the same quantity of parsley, of garlic, and of capers; two small mushrooms, four tablespoonfuls of bread-crumbs, one teaspoonful of mixed herbs, one teaspoonful of salt, half a teaspoonful of pepper, and a quarter of a teaspoonful of Cayenne; add a teaspoonful of tarragon vinegar; mince all very fine; then beat up with the yolks of two eggs.

200. *Chestnut Force meat for Roast Fowl.*

Blanch the liver in boiling water, and mince it with a teaspoonful of chopped parsley, as much young green onions, a teaspoonful of grated ham, a dozen roasted and peeled chestnuts, a teaspoonful of salt, a blade of mace, and half a teaspoonful of white pepper. Pound all in a mortar, with two ounces of butter, till well mixed. This is an excellent and sufficient forcemeat for a large fowl.

201. *Shrimp Force meat for Freshwater Fish.*

Shell the shrimps, and add three tablespoonfuls, chopped small, to the same quantity of bread-crumbs, a teaspoonful of salt, half as much pepper, and a quarter of a teaspoonful of mace; pound all in a mortar, with two ounces of butter, into a paste; bind it with the yolk of an egg, and fill any freshwater fish, especially pike, eel, or lamprey, with the forcemeat, which is excellent.

202. *Another Maigre Force meat for Fish.*

Take the remains of lobster, crab, or any other shell-fish; mix it with an equal portion of bread-crumbs, a teaspoonful of salt, half a teaspoonful of pepper, as much chopped parsley, and a quarter of a teaspoonful of grated nutmeg; chop the fish up with the yolks of two hard-boiled eggs, and pound the whole to a paste in a mortar with two ounces of butter. Then

mix the forcemeat well with the beaten yolk of an egg. This is a very good stuffing for any kind of white fish.

203. *Forcemeat for a Pheasant or Fowl.*

Mince the boiled livers of two good-sized fowls with half a pound of lean ham, dressed ; add half a teaspoonful of parsley and a shalot, minced ; season with half a teaspoonful of pepper and half as much nutmeg, and pound all in a mortar, with three or four truffles and three ounces of butter. If truffles are not to be readily obtained, you can substitute mushrooms.

204. *Stuffing for a Sucking-Pig.*

To four ounces of fine bread-crumbs add two dessertspoonfuls of finely-minced sage and one small onion, also minced, one teaspoonful of salt, half a teaspoonful of pepper, a quarter of a teaspoonful of cayenne. Mix all well with two ounces of butter, dissolved, and the yolk of one egg. Fill the pig, and sew it up, taking care to remove the stitches before you serve. In the stuffing for roast pig, the flavour of the sage may be allowed to predominate, though not too powerfully.

205. *Stuffing for Roast Pork.*

One middle-sized Spanish onion boiled for ten minutes and drained, chopped with a tablespoonful of sage very finely ; mix these with three tablespoonfuls of fine bread-crumbs, a teaspoonful of salt, and half a teaspoonful each of pepper and mustard. Bind with the yolk of an egg.

206. *Stuffing for Roast Goose or Duck.*

Boil three large onions for half an hour ; press them, and mince finely with two middle-sized codlins, one tablespoonful of sage, and four tablespoonfuls of bread-crumbs ; add one teaspoonful of salt, one of moist sugar, one of mustard, half a teaspoonful each of pepper and mace, and a dessertspoonful of shalot vinegar.

This is, we think, an improvement on the common sage-and-onion stuffing.

207. Force meat Balls, or Quenelles, for Soups.

To three-quarters of a pound of finely-crumbed bread add one quarter of a pound of finely-minced lean ham or tongue, and half a pound of suet, also finely chopped, two teaspoonfuls of thyme, marjoram, savory, and parsley, rubbed fine and mixed, half a teaspoonful of minced lemon-peel; nutmeg, mace, white pepper, and cayenne in equal proportions, a teaspoonful in all. Mix the materials well together, and form into small balls, or ovals, by uniting them with two well-beaten eggs. Then fry them in butter or oil, a clear, pale brown; drain and dry the balls, and keep them in a dry place. They will remain good for two or three days.

208. Excellent Force meat Balls for Soups.

Cut some slices from a cold fillet of veal, with a small proportion of the fat, and pound in a mortar with one-third the quantity of butter; measure the paste in a tablespoon, and put the same quantity of crumbs into a saucepan, with a due proportion of pepper, salt, mace, and chopped parsley; cover all with cream, and stir over the fire till the cream is absorbed. Let it cool; then add it to the veal-paste, with the yolks of two or three hard-boiled eggs, in proportion to your quantity of veal and crumbs; mix and pound this in the mortar, then bind all with the white of egg beat into snow. Roll the paste into small balls, and poach or fry them lightly before you add them to the soup.

209. Force meat Balls for Pies or Soups.

Take one pound of lean pork, half a pound of veal or chicken, both previously dressed, half a pound of suet, two eschalots, a teaspoonful each of parsley and mixed herbs; mince and shred all very fine. Season with a teaspoonful of salt, half a teaspoonful of white pepper, a quarter of a teaspoonful each of mace and nutmeg. Mingle the ingredients well, bind them together with the beaten yolks of eggs, then roll them into small balls, dip in the beaten whites of the eggs and fry in butter.

210. *Force meat Balls for an Entrée.*

Take all the fillets from the back of a roast rabbit ; mince them, and mix well with two large tablespoonfuls of grated lean ham and half a pound of minced fat bacon ; add a clove of garlic, a sprig of parsley, half a teaspoonful of white pepper, and as much mace. Pound all in a mortar, adding by degrees two tablespoonfuls of cream, till all be reduced to a paste. Mould this into small balls, and dip them into frothed white of egg ; leave them for a few minutes, then fry in butter a light brown, and serve in a rich brown gravy.

211. *Force meat Eggs, Entrée.*

Boil six eggs till the white be firm ; peel off the shell, cover them thickly with the force meat in the preceding receipt ; fry them till quite brown, and serve in a rich brown gravy.

212. *Potato Balls, Entrée.*

Mash a pound of potatoes with cream, a quarter of a pound of grated ham, a teaspoonful of minced parsley, an eschalot, also minced, half a teaspoonful each of salt, pepper, and mace ; bind all with the yolks of two eggs ; mould into balls, fry in butter, brown, and serve in good brown gravy.

213. *Egg Balls for Pies or Soups.*

Boil four eggs for ten minutes ; put them into cold water, and when quite stiff, remove the white and put the yolks into a mortar, with a teaspoonful of flour, as much finely-minced parsley, a teaspoonful of salt, and half a teaspoonful of black pepper, or, if preferred, a quarter of a teaspoonful of Cayenne ; pound the whole into a smooth paste and mould into very small balls, as they will expand in the boiling water, into which you must throw them for two minutes before you use them for pies or soups.

214. *Currie Balls*

Take the yolks of two hard-boiled eggs, two tablespoonfuls of fine bread-crumbs, an ounce of butter, and a teaspoonful of currie powder ; pound to a paste, mould into very small balls,

and dip into white of egg beaten to a froth ; fry them in butter before you use them. These balls are sent in to garnish veal or fowls, or introduced in mock turtle or mullagatawny soups.

215. *Quenelles.*

• *Quenelles* are formed of various forcemeats, and are merely moulded in a more elegant form than balls, usually in a teaspoon or dessertspoon, according to the size you wish the *quenelle*. Line the spoon with the forcemeat, trim it with a knife ; then take it out with another spoon dipped in hot water, so that it preserves the shape of the spoon ; lay each *quenelle* as you take it out on a sheet of buttered paper, and poach them for two or three minutes before you put them in soup. If served as an *entrée* or for garnish, they must be boiled for ten minutes or fried in butter.

216. *Macaroni Quenelles for Gravy or White Soups.*

A simple clear soup of consommé or stock, or a white soup, is greatly improved by the addition of macaroni *quenelles*, prepared as below.

Dissolve two ounces of butter in a stewpan, and mix with it as much flour as it will absorb ; boil four ounces of macaroni soft, grate four ounces of Parmesan cheese, and mingle with it a saltspoon of mixed Cayenne and powdered mace ; then beat this up with the flour and butter, and as much thick cream as will make it into a smooth paste. Mould this paste with a spoon into *quenelles*, throw them for three minutes into a little boiling stock to poach, drain them on a napkin, and put them into the tureen when the soup is served.

217. *Quenelles for Fish Soups Maigres.*

Mix two tablespoonfuls of fine bread-crumbs with the meat of a lobster, pounded, three ounces of butter, and the yolks of two hard-boiled eggs. Season with half a teaspoonful of salt, and a quarter as much Cayenne and mace. Use the yolk of another egg to blend the mixture into a paste ; form it into small *quenelles*, and fry a light brown. These *quenelles*, served hot in a good maigre gravy, make a neat *entrée*, or breakfast dish, and also a good finish for soups.

218. *Larding.*

Larding is one of the operations of cookery which greatly improves many kinds of meat, and is neither expensive nor difficult in execution. It is simply to cover the whole or part of the meat with slips of bacon, by inserting them with a larding pin, which is pointed at one end, and which has at the other end four slits to admit the *lardoon*, or piece of bacon. Any lean meat, especially the breasts of dry white birds, may be improved by larding.

Cut pieces of bacon about a quarter of an inch thick, two inches long, and not more than half an inch broad. Put one piece at a time into the slits of the larding pin ; pass the point



LARDING PIN.

through the flesh, taking up as much only as will hold the lardoon firm ; then draw it half through, leaving an equal length, about half an inch standing out at each end. Continue to insert the lardoons at a little distance till the whole surface required to be larded has a porcupine appearance. Sometimes with turkeys, chickens, and other white meats, tongue is used for the lardoons ; but bacon is decidedly best fitted for the purpose.

219. *Braising.*

To braise meat is to stew it in a certain mode, in which the French cooks have always excelled ; but it is now much practised by our English artists. It is usually done in a braising pan, or *braisière*, which is only a stewpan with a lid which has a ledge round to allow embers to be placed upon it, so that the cooking can go on above and below.

The process is to line the braising pan with slices of fat bacon ; then put in the meat to be braised with a faggot of herbs, six onions, two carrots, a stick of celery, any bones or trimmings of fowls, a bay-leaf, and a quarter of an ounce of pepper ; add as much stock as will cover the meat and more slices of bacon over it. Cover the bacon with a buttered paper. Stew it very slowly for two or three hours according to size. Then take out the meat and keep it hot ; skim and

strain the gravy; and set it on to boil quickly till it becomes thick; and if you wish the gravy, or *glaze*, as it is called, to be very rich, a third part of Madeira may be boiled down with it. When properly reduced, this glaze is spread over the meat with a brush once or twice, as you may think necessary. It ought to be of a very light brown colour.

220. *Blanching.*

To blanch meat or vegetables is to plunge them into boiling water for a few minutes; then take them out, and put them into cold spring water, when they cool perfectly firm, and may be larded or braised more easily.

221. *Glazing.*

A glaze is a strong jelly made of any good stock boiled down to the consistence of thick cream, and kept constantly shaken round that it may not burn, as it should be perfectly tasteless. The glazing is an ornamental finish to many dishes. A glazed ham always looks handsome, and a boar's head is always glazed. The glaze should be kept in an earthen jar, and when wanted to use, the jar should be placed in a pan of boiling water. Then, with a paste-brush, one or two coats of glazing may be laid on the joint or other article.

222. *To clarify Stock for Soup, &c.*

If you wish your soup or gravy to be perfectly clear, it is sometimes necessary to clarify and strain the stock. Put it in a stewpan over the fire, and for each quart of stock beat up the white of an egg in a tablespoonful of cold water; then add a few spoonfuls of the hot stock, and beat the whole to a froth. Add this by degrees to the stock over the fire, beating up the whole till thoroughly mixed, and at the boiling point; then immediately strain it through a fine sieve or bag.

223. *To clarify Butter.*

Put the butter into a stewpan, and let it dissolve slowly, and simmer gently over a slow fire. When entirely liquefied, remove the scum, take it off, and let the sediment settle. Then pour off the butter clear into jars for use, and keep it in a cool place.

THE NEW COOKERY BOOK.

CHAPTER VII.

VEGETABLES.

ONE of the great reproaches to English cookery is the carelessness or the ignorance shown in the preparation of such an important adjunct to the table as the vegetables. It is true that the vegetables should always be fresh and of choice quality; but in vain may the gardener spend his time and talent in producing excellent vegetables if the cook will not be as particular in boiling a potato as in dressing a turtle. It is too common an error for an English cook to regard her vegetables not, as she ought, as a principal dish, but as a necessary evil, to be hastily and slovenly prepared, and got over as kitchen-maid's work. The consequence is that it is a general complaint at an English dinner-table that well-cooked and well-served vegetables, abundantly supplied, are wanting. Even good, hot, well-boiled potatoes are rarely found. Yet it is well known that a due proportion of well-cooked vegetables should be blended with the large amount of animal food which an Englishman usually consumes, to facilitate digestion, correct the gross nature of richer diet, and satisfy, without overloading the stomach. All these advantages are lost if the vegetables be half cooked or ill cooked, and we eat them at the peril of dyspepsia and all its attendant horrors.

In Catholic countries, where the religious observance of Lent is strictly attended to, the season is happily rich in young vegetables, and the ingenuity of the cook, limited to these materials, can produce an abundant variety of healthful delicacies, to convert the Lenten repast into a pretty, agreeable, and sufficient refreshment for the body, without violating the rules of the Church; and it is, therefore, from French cooks we have derived our happiest directions for cooking vegetables. It only

remains for us to induce our cooks to have humility and patience enough to attend to the receipts.

The first great point, of course, is to procure the vegetables perfectly fresh and properly matured. Unripe vegetables, like unripe fruit, are unwholesome, and if old they are stringy, tough, tasteless, and indigestible. If fresh gathered, they are firm, fragrant, and juicy. Some delicate kinds should be quickly transferred from the garden to the cook, and few do not suffer from a day's journey; if kept longer, the appearance and the quality alike are deteriorated, and rendered less nutritive. We allude particularly to the green summer vegetables, the flavour of which so much depends on the preservation of their juices.

The country houses which possess gardens ample enough to supply the consumption of the family, must have the choicest vegetables. Next in rank are the families daily supplied in the London market with the fresh-gathered vegetables from the country. The inhabitants of a small country town are in the worst position. Market gardeners rarely select such localities, and the people depend on the weekly market for vegetables, which are unfit for eating before another market day comes round. If it be absolutely necessary to preserve green vegetables beyond a day or two, the stalks of such as have stalks should be placed in cold water, and all should be kept on the cool floor of the larder, and plunged into cold water for several minutes before they are cooked. To clear them from dust, snails, and smaller insects, they should be placed in a bowl of salt and water, with the root or stem uppermost, for a quarter or half an hour before they are cooked, which will effectually cleanse them.

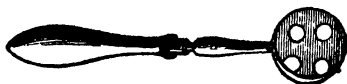
Potatoes, dried peas, beans, and Jerusalem artichokes should be put on the fire in cold water; all other vegetables are put into boiling water at once.

The next great rule in cooking vegetables is to boil them exactly the proper time. If underdone, they are indigestible; if overdone, the nutritious juices are wasted in the water, and they are tasteless. Nor should they remain one moment in the water after they are sufficiently cooked, but be taken out, drained on a heated strainer, and, above all, kept thoroughly hot till served.

Most vegetables require peculiar modes of preparation which will be hereafter explained.

Potatoes.

This root, the most useful production of the vegetable world except corn, and which actually for a long time formed almost the sole support of a hardy and vigorous nation—the Irish, is surely worth care in cultivation or in selecting, attention in cooking, and neatness in serving. Yet neglect in choosing, in dressing, and in preserving the valuable remains are the characteristics of an English kitchen. In choosing potatoes, the middle-sized are the best; they should be free from blemish, with the mould on them, that you may be sure they are freshly dug, and this mould should not be washed off till the potato is wanted for use. In all places where the tubers can be readily obtained, it is desirable to purchase them in small quantities, as they are liable to decay, and besides, a large stock is a temptation to extravagance, and a weekly supply enables the housekeeper to keep a regular check on the consumption.



POTATO-SCOOP.

If it be necessary in remote situations to store the winter potatoes, they must either be buried underground and thatched over, to protect them from moisture and frost, or deposited in barrels in a dry, dark room or cellar, covered with straw or dry sand, and frequently examined, that the tainted and decaying tubers may be thrown out for the safety of the rest. Before cooking, scrub the potatoes quite clean with a hard brush, but do not break the skin or cut away any blemish, as the water would thus find admission into the potato, and render it moist and uneatable.

224. To boil Potatoes.

Though our clever cooking neighbours, the French, boast of fifty modes of dressing the potato, we are of opinion that the plain-boiled vegetable is most useful, and we would call the attention of all cooks to this most essential element of their art.

The potatoes should be newly washed, and selected as nearly

as possible of the same size, that they may be cooked in the same space of time. Put them into an iron pan, which we recommend because it will bear the fire well when the water is poured off; then cover them entirely, but not more than an inch above the potatoes, with cold water in which a teaspoonful of salt has been thrown. Place the pan on a moderate fire and let it boil; then pour off the water and replace it with more cold water. A good pan of potatoes ought to require from half an hour to an hour to cook them, according to the size; but you must ascertain when they are ready by probing them through with a fork; the bursting of the skin is not a certain criterion. The instant they are tender, pour off the water, and hang the pan at a sufficient height over the fire, covered with a clean napkin to allow the moisture to evaporate. Then the sooner they are served the better. Draw off the skins without cutting the potato, that the floury appearance may be preserved; cover them only till placed on the table, then remove the cover, or place it half over, that the steam may escape, or the condensed moisture will fall back on them and render them sodden and watery.

In Ireland, where it is boasted potatoes can only be eaten to perfection, they are sent to table in the skin, or *jacket*, as it is called, folded in a napkin. Assuredly the potato is usually excellent thus eaten, but the practice would not suit the neat English habits of the table. The common people of Ireland, who chiefly subsist on the potato, only half boil it, that they may have the enjoyment of masticating it; and when thus eaten without the mixture of meat, the stomach will digest the food, which otherwise would be unwholesome.

225. *To boil New Potatoes.*

New potatoes are those that are cultivated to develop thin tubers early in the spring; they are agreeable to the taste, but less easy of digestion than the matured potato. They are never dry and floury, and should be eaten in moderation. They are never large, being hurried into the market to obtain the high prices of the early season, and from their unripe state should be always cooked within twenty-four hours after being dug out of the ground. They should be placed at once in boiling water, boiled gently till tender, then drained and steamed a few minutes before serving. When quite young, it is sufficient

to rub the skins off with a piece of flannel before they are boiled, and serve them as they come out of the pan with a few small pieces of butter placed amongst them, and a little salt strewed over them in an open dish.

A small sprig of mint added to the water in which they are to be boiled gives a fresh and pleasant flavour to the potatoes.

226. *Potatoes in Cream.*

Before new potatoes are plentiful, a very nice dish may be made by paring down the old potatoes to a small size, boiling them ten minutes in water, with a teaspoonful of salt, draining them and steaming with a napkin over the pan for ten minutes more; then strew over them two teaspoonfuls of salt, cover with cream, and heat gradually for five or ten minutes longer. Serve them in the cream for second course.

227. *Roasted or Baked Potatoes.*

Next to boiling, the most simple mode of cooking potatoes is, to wash them very clean, selecting tolerably large potatoes, and roast them before the fire in a Dutch oven, or on a baking-tin in a common oven. They will, if large, require nearly two hours to make them thoroughly cooked. They must be served in the skins, folded in a napkin. Send in butter-pats with them.

228. *Mashed Potatoes.*

Late in the season, when the old potatoes are disfigured by specks, mashed potatoes are in request; and with due care perhaps this is the most agreeable mode of sending them to table. They must be boiled and steamed according to the first direction, carefully peeled and examined, so that no particle of skin or any other extraneous matter remain. Add a teaspoonful of salt, a slice of butter, and two or three tablespoonfuls of milk or cream, according to the quantity of your potatoes, and with a wooden spoon beat them lightly and thoroughly to a smooth and frothy mass, without a single lump. Then heat them a minute or two in a stewpan before you turn them into the dish, when they can be either served at once, or browned in a Dutch oven. In some families it is the custom to brown the mashed potatoes for a few minutes under the roast meat before it is taken up from the spit.

Sometimes also the cook can butter a mould or basin, strew it with fine bread-crumbs, fill it up with the mashed potato, and put into the oven for five minutes, then turn out on a dish, and, if not sufficiently browned, finish with the salamander.

229. *Potato Snow.*

Boil in the usual way some of the best and whitest potatoes you can procure ; strain and put them at the side of the fire till they crack and fall to pieces ; then take away the skin and pass the floury potato through a hot wire sieve upon the hot dish on which they are to be served. Do not crush the light mass that falls, but send it up immediately in the form of snow.

This is a pretty mode of dressing potatoes. You must have a sufficient quantity to heap a large dish, and above all take care they are kept hot.

230. *To fry Potatoes.*

Wash and pare the number of potatoes you require ; slice them about a quarter of an inch thick. Fry them in plenty of boiling butter till light brown and quite crisp. Take them out and drain them on a napkin, and send them up lightly sprinkled with salt. This is a good mode of serving potatoes second course. If wanted for a breakfast dish, the potato should be pared round to form thin shavings, which must be fried in the same way, and piled lightly, quite dry, on a dish, sprinkled with salt.

231. *To fry Potatoes Whole.*

When fried whole, the potatoes must be previously boiled ; the cold potatoes of the preceding day may be used ; they must be peeled, dipped in egg and bread-crumbs, fried in plenty of butter, and shaken round till equally browned ; then drained and served, sprinkled with salt.

232. *Mashed Potatoes with Onion.*

Boil a large Portuguese onion in two waters till quite tender, rub it through a tamis, and mix well with a double quantity of mashed potatoes ; add an ounce of butter, and heat the potato again before serving. This is a mode of

dressing potatoes far from agreeable to all palates, though much used in some families.

233. *Mashed Potatoes in Balls.*

Beat up the potatoes with butter only, rather stiff, mould into balls, dip the balls into egg and bread-crumbs, and fry in butter, shaking round the pan till they appear a light brown. Serve the balls heaped on a napkin.

234. *Savoury Potato Balls.*

To one pound of nicely mashed potatoes add a quarter of a pound of grated ham, a minced eschalot, and a sprig of parsley likewise minced, half a teaspoonful each of salt and pepper, and a quarter of a teaspoonful of grated nutmeg. Mould this into balls, dip in the yolk of an egg and fine bread-crumbs, and fry in butter. Serve on a napkin for second course.

235. *Seasoned Roasted Potatoes.*

Roast a dozen potatoes in a Dutch oven as directed in No. 227; cut off the end and empty the potatoes without crushing the skins; beat up the floury part with two ounces of butter, two teaspoonfuls of salt, and one of white pepper; then fill the skins with the mashed potatoes, replace the end with a little white of egg, and serve them quite hot in a napkin.

236. *Purée of Potatoes.*

Roast in a Dutch oven a dozen large potatoes; empty them, and press the floury part through a wire sieve, as if for potato snow. Throw this into a stewpan, with two ounces of fresh butter, two teaspoonfuls of salt, and one of white pepper; then add a tablespoonful of thick cream, and stir gently till it begin to simmer; then serve quite hot.

237. *Potatoes à la Maître d'Hôtel.*

Boil the usual quantity of potatoes for a dish; peel them and cut into slices rather thicker than for frying; put them into a stewpan with two ounces of butter, and when that is dissolved, two tablespoonfuls of *bouillon*, a teaspoonful of salt,

half as much pepper, a teaspoonful each of minced parsley and chives, and half a teaspoonful of vinegar. Shake the pan round, and when quite hot serve the slices in the sauce.

238. *Potatoes en Galette.*

Mash the potatoes in the usual way ; then beat them up with the beaten yolks of two eggs and two ounces of butter. Fill a buttered pie-dish with the potato, glaze it with white of egg, and score it ornamentally on the top. Then brown in a Dutch oven and serve in the dish.

239. *Scooped Potatoes.*

Wash and peel eight large potatoes of equal size ; divide them lengthwise, and scoop out the inside till they are not more than a quarter of an inch thick. Fill each half with a good forcemeat, and join them with white of egg ; then bake in a Dutch oven. Serve in a napkin, or as an *entrée* in brown gravy.

240. *Jerusalem Artichokes, to boil.*

The Jerusalem artichoke, which grows somewhat like the dahlia, produces tubers at the root like the potato, which are nutritive in quality, and pleasant and mild to the taste. They must be pared and shaped into oval form before boiling, and put into a pan of warm water, with a small quantity of salt thrown in. If wanted to look very white, a third part of milk is added to the water. They will require from twenty to twenty-five minutes, according to size, to boil them quite tender, when they must immediately be taken out and sent to table with thick melted butter in a tureen, or poured over them.

241. *To mash Jerusalem Artichokes.*

Boil the tubers as above, press them gently between two platters to discharge all the water, then put them into a saucepan over a slow fire, and beat with a wooden spoon or spatula till perfectly smooth and dry ; strew in two teaspoonfuls of salt, and one of white pepper. If for a good-sized dish, two ounces of butter and two tablespoonfuls of cream or milk must gradually be beat in ; then serve in a pyramid, or any form you like.

242. Jerusalem Artichokes in White Sauce.

When paring the artichokes, point the small end neatly, and flatten the broad end. Boil in the usual way, and when ready to serve, arrange them in a dish with the points uppermost, and serve them in a rich white sauce.

243. To fry Jerusalem Artichokes.

Pare and boil for ten minutes ; then take them out, drain, and cut in two the length way ; dip them in the beaten yolk of egg, then in seasoned bread-crumbs. Fry them in butter a light brown, and serve like fried potatoes at second course.

244. To boil Turnips.

Young turnips come into use in May, and from that time till the frosts begin, turnips are always available for the table, but after that are not used except for cattle. Peel off at least half an inch of the outside, which, except when the root is very young, is fibrous and uneatable. If large, cut them in halves, put into boiling water, in which a little salt has been thrown, cover the pan and boil gently till quite tender. This will be according to age and size, from twenty minutes to an hour. Then drain and send them in whole. If very young, about two inches of the green top may be left.

245. To mash Turnips.

The most common mode of sending in turnips is mashed. They must be boiled till tender ; then pressed between two wooden platters till perfectly dry ; put into a pan, and beat with a wooden spoon, passed through a colander, then stirred over the fire with a teaspoonful or two of salt, one of pepper, one of powdered sugar, an ounce of butter, and as much cream or milk as you can stir in, without leaving any liquid. Stir till much of the moisture is evaporated, then serve quite hot.

246. Turnips in White Sauce.

The turnips must be young. Pare them, point the upper end, and cut off the lower end to make them stand ; boil them till

tender ; then drain and arrange them with the points uppermost on a dish, and serve them in a rich white sauce, to which you must add a little sugar, which it is always desirable to use in dressing turnips, to correct the slightly bitter taste. This is a second-course dish.

247. *Turnips in Gravy.*

Slice the turnips and put them, with two ounces of butter, into a stewpan, shaking it round till they are browned. Season with salt, pepper, a teaspoonful of sugar, and a little mace. Pour over them a quarter of a pint of good brown gravy, and when quite hot serve them in it.

248. *To boil Carrots.*

Carrots which are stored for use are rarely out of the market, and are useful for their own quality, and much valued for ornamenting many dishes. They must be well washed for boiling, and brushed, but not peeled or scraped. If very large, cut into two parts, put them into boiling water a little salted. Boil gently till tender, usually from half an hour to an hour and a half. When boiled, rub off the skin, and slice or send them in cut in lengths, with good melted butter.

249. *Carrots à la Maître d'Hôtel.*

Wash and brush the carrots and cut up in pieces about two inches in length. Boil them till tender in salt and water in which an ounce of butter has been melted. Put into a stewpan two ounces of butter, two tablespoonfuls of *bouillon*, a dessertspoonful of chopped parsley, a teaspoonful of chopped chives, the usual seasoning of salt and pepper, and let all mix for ten minutes. In the mean time, drain the carrots and put into the sauce ; stew for ten minutes and serve.

250. *Carrots in White Sauce (Entremet).*

Wash and brush the carrots ; then shape them into round balls, pears, or any form you choose ; boil them till nearly tender ; then take them out, strain, and put them into a stewpan with a good white sauce ; simmer for ten minutes, then serve in the sauce, at second course.

251. *Carrots in Brown Sauce (Entremet).*

Wash and brush six carrots; cut them into four, long way, and then into pieces of about three inches in length; boil and drain them. Put them into a stewpan with two teaspoonfuls of salt, one of pepper, one of powdered sugar, half a pint of brown gravy, and a tablespoonful of Worcester sauce or mushroom ketchup. Stew gently for ten minutes, then arrange the carrots in a star round the dish, and pour the sauce over.

252. *To mash Carrots (Entremet).*

Wash and scrape the skin off three pounds of carrots; cut them in pieces, and boil them in salted boiling water, with an ounce of butter, for an hour and a half, or till quite pulpy; then drain and rub them through a colander. Put the pulp into a stewpan, with an ounce of butter, half a pint of cream, a teaspoonful of salt, one of powdered sugar, and one of white pepper; stir over the fire for a few minutes, then serve on a dish, with fried sippets at second course.

253. *To fry Carrots.*

Half boil the carrots, then cut them in slices a quarter of an inch thick, dip them in egg and seasoned bread-crumbs, then fry them in butter; drain them and serve piled on a dish very hot.

254. *Parsnips.*

These useful roots may be boiled, stewed, or fried in the same way as carrots. They require more or less boiling, according to size, and must be tried with a fork to ascertain when they are tender. The parsnip is more farinaceous than the carrot and turnip, and is more easily digested by weak stomachs. When fried, they are often sent in with roast mutton.

255. *Beetroot.*

This beautiful root, so frequently used for garnish, is sometimes pickled, or mixed in salads; but it is not so often sent to table as a vegetable, though wholesome and nutritious, and very delicate. It must be dug up carefully, with the leaf-stalks left attached to the root, and also any loose fibrous root-

lets; for any incision would release the juice, and spoil the appearance and flavour.

256. *To boil Beetroot.*

Wash the mould from the roots, but do not scrape, brush, or cut them. Put them in boiling water, and boil them gently from one hour to two, according to their size. Do not use a fork to test them; but rather boil an extra root for trial, that you may ascertain when they are tender. Take them up, pare and trim, and, if small, serve them whole; if large, cut in thick slices. Good melted butter must be served with the vegetable.

If any be left cold, pour vinegar and a little oil over the slices, seasoning with salt, pepper, and mace, to send in on another occasion, like cucumber.

257. *To bake Beetroot.*

Wash the root as for boiling, and bake in an earthen dish in a slow oven for two or three hours; then trim, peel, and serve in the same way as boiled root. The boiled beetroot looks best at table.

258. *To stew Beetroot (Entremet).*

Wash, boil, and slice the beetroot, and put into a stewpan with as much good gravy as will cover it, a tablespoonful of Chili vinegar, salt and pepper, and a dozen very small onions. Stew gently for a quarter of an hour, or till the onions be quite tender; then thicken the gravy with an ounce of butter rubbed in flour, and when this is dissolved, serve in the gravy with the onions round.

259. *To fricassee Beetroot without Gravy (Entremet).*

Wash and boil the beetroot as before; slice it, when cold, into a stewpan with two eschalots, two teaspoonfuls of salt, one of white pepper, one of powdered sugar, a dessertspoonful of lemon-juice, and two ounces of butter rubbed in flour. Let all simmer ten minutes, then stir in by degrees three or four tablespoonfuls of good cream as the quantity of vegetable may

require. Simmer ten minutes longer, then serve quite hot. This is a pretty and delicious *maigre* dish.

260. *Scorzonera. Salsafy.*

The parsnip-like root of the scorzonera, which may be commonly obtained in the autumn, is a delicate and much approved vegetable.

The salsafy root partakes of the same character ; both require boiling to remove a certain bitter flavour, and they are cooked in the same way.

261. *To boil Scorzonera or Salsafy.*

Wash and brush the roots as you do those of parsnips or beet ; cut them in pieces about three inches in length and put them in boiling water with a little salt and a tablespoonful of lemon-juice. If tolerably thick, they will require to be boiled an hour before tender. Serve them with good melted butter.

262. *To fry Scorzonera or Salsafy.*

Boil as before ; then mix a batter of six tablespoonfuls of flour, one teaspoonful of salt, two ounces of butter, and as much lukewarm water as will dissolve the butter and make all into a batter ; heat it well, and add by degrees the well-beaten whites of two eggs ; dip the roots in the batter, and fry in oil or butter a bright brown ; drain and squeeze a little lemon over them, and serve with fried parsley over them. They are often sent in round boiled fish, and resemble fried smelts much in flavour.

263. *Scorzonera as Oyster Patties.*

Boil as before ; then mash the roots with salt, pepper, cream, and a tablespoonful of lemon-juice. When quite smooth, mould the paste into small round cakes, dip them in butter as above, and fry light brown. Serve them in pretty patty forms. These roots are excellent so prepared.

264. *To boil Vegetable Marrow.*

The vegetable marrow is a useful, wholesome, and cheap vegetable, in good season about August and September. It

should be chosen about six inches in length, put into boiling water with the skin on and boiled for twenty or thirty minutes if larger than usual. When taken out, pare it, separate in half, lengthway, and serve on toast with melted butter over it.

265. *To mash Vegetable Marrow.*

When the gourds are not to be had except of large size, you may boil them as above not less than forty minutes, then pare, halve, take out the seeds, rub them when well drained through a colander, season with pepper and salt, and beat in a little butter; then mash over the fire with a little cream till smooth, and serve with or without toast.

266. *To fry Vegetable Marrow.*

Boil them ten minutes, then pare and quarter them in lengths, season with salt and pepper, and dip them in the French batter used for salsafies, then fry in oil or butter; drain them and serve, covered with fine parsley, alone, or round any minced or hashed meat.

267. *To stew Vegetable Marrow.*

Pare and quarter three full-sized vegetable marrows, sprinkle the lengths with pepper and salt, and leave them for half an hour in a quarter of a pint of vinegar and two tablespoonfuls of oil, then drain the pieces and put them in a stewpan covered with good brown gravy. Stew gently for half an hour, then serve in the gravy.

268. *To boil Artichokes.*

Artichokes are classed among the most delicate vegetables brought to table, but much care is required for their culture, and they are of course expensive and chiefly used by the affluent. The heads are usually boiled entire, but the lower part of the leaf or scale only is eaten. The bottom or receptacle of the leaves is also dressed for the table; but the filamentous part, called by cooks "the choke," is uneatable, and is best removed before the vegetable is served.

Soak and wash the artichokes, cut the stalk even, and trim the lower leaves and the ends of the upper leaves. Put them

into boiling water with the stalk uppermost, throw a little salt into the water, and let them boil from three-quarters of an hour to an hour according to size. When quite ready, the leaves are easily drawn out. Before serving lift the tops from the artichokes and take out the chokes. Serve them with a little melted butter poured in each, or into small cups for the purpose, one for each artichoke, placed round the dish.

269. *To fry Artichokes.*

Wash and trim the artichokes, cutting away the outer leaves and the stem; divide them in two, and boil a quarter of an hour or twenty minutes. Take them out, drain and remove the chokes, dip them in French batter (No. 262), and fry in butter till bright brown, drain, and sprinkle them with salt; serve on a napkin surrounded by fried parsley.

270. *Artichokes à la Provençale.*

Trim and boil six artichokes for twenty minutes; remove the chokes and put them into a stewpan with two teaspoonfuls of salt, one of pepper, a clove of garlic, and two tablespoonfuls of fine oil. Let them remain in the oil till crisp and tender, then take out the garlic, and serve the artichokes with a teaspoonful of lemon-juice over each.

271. *Artichokes à la Barigoule.*

Trim and boil the artichokes, then take out the chokes, and fill the cavities with forcemeat (No. 195), replace the leaves, and put them into a stewpan, the leaves uppermost, with as much good brown gravy as will cover them. Stew a quarter of an hour, take out the artichokes and keep hot, add a clove of garlic and an ounce of butter rubbed in flour to the same, reduce another quarter of an hour, stir in a tablespoonful of lemon-juice, and pour round the artichokes when you serve them.

272. *Cardoons in White Sauce.*

The cardoon, a favourite vegetable in French cookery, is now much cultivated in England, and forms a pleasant and nutritious addition to our vegetable preparation. The stalks

of the inner leaves are the eatable parts of the plant, and like sea-kale they are usually blanched for use. They must be cut into strips of five or six inches in length, and cleansed from the prickly surface with a flannel or soft brush. Put them into boiling water in which a little salt has been thrown; boil for about twenty minutes, or till tender, then serve them in rich white sauce.

273. *Cardoons au Gratin.*

Boil the cardoons as above; line a dish with seasoned bread-crumbs and lay the cardoons neatly over them, then cover them with more crumbs. Pour over all clarified butter or grated Parmesan, as you choose, and brown in a Dutch oven. Cardoons may also be simply boiled and served on toast like asparagus; and are very useful to make a *maigre* dish.

274. *To boil Asparagus.*

Asparagus is one of the most delicate and universally liked vegetables common in England. It may be had early in the spring, but is always most delicious when the head is considerably above the ground. It will not bear keeping, but should be dressed as soon as possible after cutting. Scrape the blanched part of the stalks perfectly clean, throwing them into a bowl of cold water as you clean them, then tie them up in bundles of twenty or twenty-five with bass, as string would cut the stalk. Trim the stalks off at the bottom to make them all the same length, leaving a short piece of the blanched stalk to lay hold of. Put them into boiling water in which a little salt has been thrown, and boil from twenty to thirty minutes, taking care to take them out of the pan by the bass tie as soon as they are tender, or the flavour and colour will be lost, and drain them on a napkin. Have ready a round of toast, about half an inch thick, browned on both sides; dip it in the water in which the asparagus has been boiled, lay it on a dish, draw the band from the vegetables, and spread them neatly on the toast in two rows, the points to the middle. Serve it with rich melted butter.

275. Asparagus as Young Peas (Entremet).

Take the green heads of very young asparagus, and cut up into small pieces no larger than peas; put them into boiling water with a little salt and boil for ten or twelve minutes; drain them a minute or two on a clean napkin, then put them into a stewpan with an ounce of butter, a sprig of mint, a tablespoonful of cream, a teaspoonful of salt, and as much powdered sugar. Stew for ten minutes, shaking round the pan; then stir in the beaten yolks of two eggs, and in three minutes more turn the asparagus out on a dish, and serve in the sauce, with croutons or sippets of fried bread.

276. To boil Sea-Kale.

Sea-kale, which is always bleached in pots, is one of our earliest vegetables, being sometimes to be had in January, and on that account is highly valued. In fact, when delicately cooked, it resembles and may take the place of asparagus. Wash and trim the shoots neatly, and boil them in bundles like asparagus for half or three quarters of an hour, and serve piled on a toast with melted butter in the same way as asparagus, or without the toast perfectly dry on the dish.

277. To stew Sea-Kale (Entremet).

Boil the kale as above, take it out and drain it, put into a stewpan half a pint of good brown gravy, season with a teaspoonful each of salt and powdered sugar; put in the shoots and stew gently for ten minutes. Serve the kale in the gravy.

278. Laver.

Laver, a marine plant gathered on the rocks in many parts of the British coast, has only recently been introduced at fashionable tables; it has been supposed for its excellent medicinal qualities; though it has long been known and valued as a principal article of food by the poor inhabitants of the western isles of Scotland. It is not agreeable to the taste at first, but custom converts it into a favourite dish. It must be boiled down into a strong jelly, which is usually done on the coast where it is collected, and then put down in small pots

for use. When needed, fix a dish over a spirit lamp, put in the laver with a small proportion of butter, and the juice of a lemon stirred into it. Serve it in this state with the lamp under the dish, that it may be eaten hot, generally with roast meat. Or stew the laver with gravy, mace, and cayenne. Some cooks heighten the flavour by adding an onion, but always add lemon-juice. Serve it as above, over a lamp. When reduced to jelly—if boiled up with pepper and vinegar, and returned to the pots, which must be covered with melted suet to exclude the air—laver makes an excellent sea store, and from its anti-scorbutic qualities is very useful.

279. *To dress Cucumber Cold.*

Pare away the rind and cut up the cucumber into very thin slices, or pare it round in ribands, leaving out entirely the watery part. Sprinkle with salt, and when it has stood five minutes, drain the slices, as the unwholesome part is carried away by the salt; place the cucumber on a clean dish, add a little more salt, a little pepper, and three tablespoonfuls of fine salad oil well mixed with two tablespoonfuls of chili, or good wine vinegar. Serve as soon as possible. Some like to have a few slices of half grown onion with the cucumber, but it should be served on a separate dish.

280. *To stew Cucumber.*

Pare four young cucumbers, and cut into quarters lengthways, sprinkle them with salt and let them lie for five minutes, then pour off the water, take out the seeds, drain, and dip into French batter; fry in butter till they are brown, then lift them out of the pan with a slice, drain them, and put into a stew-pan covered with good brown gravy; stew till the slices are tender, for about half an hour, seasoning with a little pepper and salt, and before you take them from the fire stir in a dessertspoonful of chili, or wine vinegar. Serve in the sauce.

281. *Cucumbers à la Maitre d'Hotel.*

Pare and quarter four cucumbers, remove the seeds, and cut them up into pieces of two inches in length, and cover with vinegar, in which a teaspoonful of salt has been dissolved.

Let them remain in this for half an hour, then drain them upon a colander, and afterwards on a napkin till the moisture is absorbed. Mince as much parsley as will fill a tablespoon, and roll it into two ounces of butter; put this into a stewpan with a teaspoonful of chopped chives, a teaspoonful of salt, and one of white pepper. When the butter is melted put in the cucumbers, and stir in by degrees two tablespoonfuls of *bouillon*. Stew for twenty or twenty-five minutes, and serve in the sauce.

282. *Cucumbers à la Poulette.*

Prepare the cucumbers as for *maître-d'hôtel*. Put into the stewpan two ounces of butter rolled into flour; let it dissolve, then put in the cucumbers with a seasoning of pepper and salt, and stew gently for twenty-five minutes, adding by degrees two tablespoonfuls of cream, and a few minutes before it is served the yolks of two eggs well beaten, and a teaspoonful of lemon-juice.

283. *To fry Cucumbers.*

Pare and quarter the cucumbers, remove the seeds, sprinkle the slices with pepper, and dip them in French batter; fry of a light brown and serve like salsafies.

284. *Onions, &c.*

There is no English vegetable on which tastes differ so much as onions. To many the bulb is not only absolutely repugnant, but is looked on as vulgar; while some still cling to the opinion of Swift, that there can be "no savoury dish without an onion." At all events, it has been decided by good authority that the bulb is not only wholesome and nutritious, but possesses many peculiar properties eminently conducive to health: a fact which we cannot doubt when we look at the peasantry of England with whom the onion is an important article of food.

The culture of the onion has of late years been much improved in England; but still we cannot produce the bulbs to compete with the Spanish and Portuguese onions so largely imported. Garlic, chives, and eschalots, though much used in cookery, are rarely sent to table alone.

285. *To stew Onions.*

Take off the outer skin of six Portuguese or large English onions, and trim the top and stalk without cutting into the bulb, or it will fall to pieces in stewing. Fry them lightly in butter, turning them over till they are of a uniform light brown colour. Then put them into a wide stewpan, so that they do not lie one on another. Season them with pepper and salt, cover with rich brown gravy, and stew gently for twenty minutes, or till tender ; then turn them out, upside down, and serve in the gravy.

286. *To roast Onions.*

The Portuguese onions are the best for roasting. They should not be peeled, but half boiled for about ten minutes or a quarter of an hour, in proportion to their size ; then take them out and roast them in a Dutch oven till quite tender, serve them in their skins on a napkin, either alone or mixed with roasted potatoes. They are eaten with cold butter, salt and pepper.

287. *Onions à la Crème.*

Peel and boil some middle-sized onions in salt and water till quite tender, drain them, and throw them into a stewpan with two ounces of butter rolled in flour ; shake them round till the butter is quite dissolved, add a teaspoonful each of salt and white pepper, and then stir in by degrees as much cream as will nearly cover them. Shake the pan round, till it is on the point of boiling, then serve.

288. *Onions à l'Italienne.*

Peel and parboil six middle-sized onions, then drain and leave them to cool. Make a small opening at the top, and scoop out a part of the inside, supplying the place with a mixture of two ounces of grated cheese, the yolks of two hard-boiled eggs chopped small, and as much grated bread-crumbs steeped in boiling cream as will suffice to fill the onions. Season with salt and pepper, and when well mixed fill the onions ; dip them in beaten yolk of egg and fine bread crumbs, and fry them a light brown. Serve them with tomato sauce.

289. *To boil Leeks.*

The leek is too coarse in flavour to be much used in refined circles, except sparingly in soups and other made dishes. If ever dressed alone it is when very young, when the tender stalks are sometimes cut into six inch lengths, bound in bundles, boiled till quite tender, then drained and served on toast like asparagus with melted butter. There should be a small quantity of salt in the water in which the leeks are boiled.

290. *CELERY.*

There are few of the cultivated vegetables of England more useful than the celery for adding delicate flavour to the dishes compounded of various materials. This peculiar flavour cannot be imitated; the essence of celery to be bought is but a poor substitute; pounded celery seed is something better; but the vegetable itself, from October to February, is to be had, and should be preferred. It is chiefly used for an ingredient in made dishes, for sauces, or salads; but may also be sent in, dressed in several ways.

291. *To stew Celery.*

Strip off the outer leaves and wash very well six heads of celery, not too thick; cut them up into pieces of six inches in length, boil them in salt and water till tender, then lift them from the water and drain thoroughly. Put them into a stew-pan, with as much good brown gravy as will cover them, add two teaspoonfuls of salt, and one of pepper, thicken with an ounce of butter rubbed in flour; simmer for a quarter of an hour, and serve in the gravy.

292. *Celery à la Crème.*

Boil the heads as above, drain them, then stew for a quarter of an hour in rich white sauce (No. 18). This is the best mode of dressing celery as a maigre dish.

293. *To fry Celery.*

Boil the heads as before, then drain and split them. Dip them in clarified butter, and fry till brown. Serve on a napkin, with fried parsley round.

*PEAS.*294. *To boil Green Peas.*

In no nation of the world are these delicate vegetables cultivated with so much success as in England, and certainly when well cooked, no vegetable can be more delicious, or more generally approved. Peas should always be bought in the shell, fresh gathered, young, and cooked as soon as shelled, or the colour and the delicate sweet flavour are alike injured. Have ready boiling water, in which salt has been mixed in the proportion of half an ounce to a quart of water, but never add soda to the water, as the taste is always obvious. Skim the water, then put in the peas, with a single sprig of mint, unless this be objected to; do not cover the pan, but let the peas boil rapidly for twenty or twenty-five minutes, or till perfectly tender, but not burst; then take them up and drain them through a sieve or colander, and dish them without delay, putting a slice of butter into the midst, or serving them with melted butter. Some cooks put a teaspoonful of sugar into the water in which the peas are boiled, but when quite young this is needless; but to preserve the perfect aroma, it is desirable to cover them in the water with the emptied pods.

295. *To stew Green Peas.*

Put a quart of shelled peas into a stewpan, with three ounces of butter, a lettuce, a sprig of mint, and two or three young onions sliced small, shake the pan round till the butter is quite dissolved, then add a teaspoonful of pepper, as much powdered sugar, and two teaspoonfuls of salt; and let the whole begin to simmer, when you must pour in as much good brown gravy as will cover the peas, shaking the pan round, but not

using a spoon, for twenty minutes, or longer if the peas are not quite tender. Then serve them hot in the gravy.

296. *Green Peas à la Crème (Entremet).*

Boil a quart of young peas as above (No. 294) for fifteen minutes, then drain them quite dry, and put into a stewpan. with three ounces of butter, shaking them round till the butter is dissolved and begins to simmer, then add two teaspoonfuls of salt, one of sugar, and three tablespoonfuls of thick cream ; shake the peas round for five or ten minutes till quite tender, but do not let them burst. Serve in the sauce. This is a very agreeable second course dish in spring.

297. *Green Peas à la Française.*

Put into a stewpan a quart of young peas, with two ounces of butter, shake it round and let the peas simmer in the butter for ten minutes, then add a tablespoonful of chopped parsley, and a tablespoonful of chopped young onions with two ounces more of butter well rolled in flour ; as this dissolves add two teaspoonfuls of salt, and as much powdered sugar ; stew till the peas be quite tender ; then serve them in the butter.

298. *To preserve Green Peas.*

Shell the peas and boil them for ten minutes, then drain and spread them on tins, sprinkling powdered sugar over them, put the tins before the fire till the peas are perfectly dry, then put them in paper bags tied close, and hung up in a dry, warm room till wanted. When wanted for the table they should be soaked for an hour in cold water, and a little butter should be added to the water in which they are boiled ; if well managed they will be nearly as good as fresh peas.

299. *To boil Windsor Beans.*

Windsor beans, or, as they are provincially called, "broad beans," should be dressed when quite young, or they are coarse and indigestible. Nevertheless, they form a very popular dish in economical households, with pork or boiled bacon. They should be gathered and shelled immediately before cooking, then put into boiling water, with a little salt and a

sprig of parsley, and boiled quickly till the skins begin to shrivel, which will be in twenty or twenty-five minutes, when they will be tender; drain them through a heated colander, and serve them hot with parsley and butter. Sometimes the bacon is served upon the beans; but they must always be boiled in a separate pan, or the colour will be spoiled.

300. *Windsor Beans, mashed.*

If the beans are too old to serve in the skins, boil them till tender; this will probably require thirty minutes or more, take off the skins, beat them quite smooth, with butter, pepper, salt, and a little sugar; heat the mash over the fire, put it into a hot mould, and turn it out to serve.

301. *Fricassced Windsor Beans.*

This is another mode of dressing the beans when old; boil and blanch them as before; have ready a good white sauce, throw the beans into it, and toss for a few minutes over the fire before you serve.

302. *To stew Windsor Beans.*

Boil and blanch a quart of beans, then put into a stewpan half a pint of good brown gravy, two or three young onions, a sprig or two of parsley, and as much of chives, all chopped small; add two teaspoonfuls of salt, one of pepper, and one of powdered sugar; simmer these together for ten minutes, then put in the beans. Shake the pan round for ten minutes more till the gravy adheres to the beans. Then serve. Artichoke bottoms, chopped into dice, make an agreeable addition to this stew.

303. *To boil French Beans.*

It is, in fact, only the shell of the bean which we eat as a delicate vegetable in England, but in France, and other southern nations, the bean is allowed to attain maturity, and is then a favourite pulse.

When the beans are very young, the delicate flavour and colour is best preserved by dressing them whole, only removing the stalk and point, and stripping the strings from them. But

if more grown, they must be cut obliquely into a lozenge form, each bean into four or eight lozenges. They must lie a short time in cold water with a little salt in it before boiling; then drain, and put them into boiling water salted a little, boil from fifteen to twenty minutes, then pour off the water through a colander, and serve the beans hot, with good melted butter, or a piece of cold butter put into the midst of the beans.

304. *To stew French Beans (Entremet).*

Boil them as above and drain; put into a stewpan a quarter of a pint of rich brown gravy, two teaspoonfuls of salt, and one of pepper; and when hot put in the beans and simmer gently for a quarter of an hour, then serve in the gravy with venison cutlets or any other meat.

305. *French Beans à la Poulette (Maigre).*

Boil a quart of beans as above, and drain till quite dry; put into a saucepan two ounces of butter rolled in flour, a teaspoonful of chopped parsley, one eschalot minced, two teaspoonfuls of salt, one of white pepper, and a grate of nutmeg. When the butter is melted put in the beans, and stir in slowly four table-spoonfuls of thick cream, shake the pan round for ten minutes, then serve in the sauce. Lemon-juice is sometimes added, but this destroys the delicate flavour of the vegetable.

306. *To dress Haricots.*

These beans, of many varieties, are extensively cultivated by our continental neighbours; but not much used in England except the *Haricot Suisse*, of which the white variety is often brought to table as a Lenten dish, and sometimes stewed in gravy like the Windsor bean.

When dressed *maigre*, they must be boiled in salt and water, which must be changed at least once during the process in order to carry off a peculiar flavour in the beans. When quite tender they must be drained, and in the meantime two or three ounces of butter, according to the quantity of beans, must be well rolled in flour and dissolved in a stewpan with a whole onion, which must be taken out when the butter begins to simmer. Then put in the beans, an eschalot, a sprig

of parsley minced small, and a good proportion of salt and pepper. When nearly ready add a dessertspoonful of vinegar; let the haricots simmer in the stewpan a quarter of an hour, and serve hot in the butter.

307. *To stew Haricots with Meat.*

Put the haricots into cold water with salt, and let them simmer gently till the skin begins to shrivel, then pour off the water and replace it by boiling water; continue to simmer till they are quite tender, then drain them. Put into a stewpan a quarter of a pint of brown gravy and a sliced onion previously fried, and when quite hot put in the beans with salt and pepper, and stew very gently for a quarter of an hour when the beans will have imbibed the gravy, then serve them round roast mutton.

308. *To dress Lentils.*

These useful beans, little regarded in England, may be cooked in the same way as other pulse to form an agreeable dish. They are best when large, but not old; and should, like other beans, be boiled, with salt in the water, till tender, then drained, and stewed with gravy, or if you desire a *maigre* dish with cream, as French beans.

Another mode of cooking lentils to be wholesome and agreeable is to reduce them to a pulp or *purée*, as it is called, by breaking down the fibre and letting the juice of the vegetable mingle with the farinaceous part. Boil the lentils as before, drain and rub them through a tamis, then season the pulp with pepper and salt, moisten it sufficiently with gravy, or with butter or oil, and set it over a slow fire in a stewpan for a quarter of an hour. Then serve it alone, or with any appropriate meat.

309. *Cabbages and Greens.*

After potatoes, no vegetable is so common in England as the cabbage in all its varieties. In its coarsest form, the rudely cultivated cabbage of the cottage garden, the consumption is very large; and for the strong and healthy, with ever ready appetite, this vegetable is useful, affording considerable nourishment, and that appearance of abundance which is so

grateful to the hungry labourer. To the delicate stomach, the large coarse leaves are less tempting, and if eaten are often followed by indigestion. The flower of the cauliflower and brocoli is more digestible, and spinach is really a delicious and wholesome vegetable. The gluten which is so abundant in the cabbage, renders a mixture of oil or fat with the vegetable very desirable to render it wholesome ; and therefore we find the rural part of the population eat bacon and cabbage together, from their experience of its effects.

310. *To boil Cabbages.*

Cut off the stems, remove all the decayed and outer leaves, and steep them in salt and water for an hour with the stem uppermost to remove any dust or insects. Then divide each cabbage into four, splitting through the heart down to the stem, which leave entire till after boiling, and put the cabbages into boiling water with a teaspoonful of salt, leaving the pan uncovered, and skimming it occasionally. Let them boil three quarters of an hour, then take out the cabbages, and carry away the water in which they have been first boiled to some distance from the house, or the smell will be perceived in every room. Replace this with clean boiling water, and allow the cabbages, if of good size, to boil as long again. When thoroughly tender, take out the cabbages, drain them well in a hot colander, cut off the stem, and serve them in the quarters in a deep dish with a small piece of butter in the midst, and a little pepper and salt sprinkled over them.

311. *To stew Cabbages.*

Boil a large cabbage in two waters for half an hour each time ; in the meantime put into a stewpan two ounces of butter and a large onion sliced, and shake it round till the onions are browned ; add a small bunch of herbs. Take up the cabbage, drain it, and press it quite dry between two heated trenchers ; then put it into the stewpan, with two teaspoonfuls of salt, one of pepper, and two tablespoonfuls of good gravy. Let it stew for half an hour, then serve with cutlets or any sort of chops.

312. *Cabbages, à la Crème (Entremets).*

Wash and boil two young cabbages as above, drain and press the water from them, put them into a stewpan with two ounces of butter rolled in flour, two teaspoonfuls of salt, one of pepper, and a quarter of a small nutmeg grated. Let them stew a few minutes, and then add by degrees three table-spoonfuls of cream, and in a quarter of an hour serve in the sauce. The colewort, or cabbage dressed before the heart is firm, should be chosen.

313. *Cabbage, en Surprise.*

Boil a cabbage as above for half an hour only, drain it thoroughly, then, without breaking the leaves, take out the heart, and put in the place as much of the sausage forcemeat (No. 197) as will fill up the vacancy. Then tie the leaves carefully round it, and put the cabbage into a stewpan with two ounces of butter, one whole onion, and two tablespoonfuls of good gravy. Let it simmer for twenty minutes, then take out the onion and serve the cabbage in the gravy, or in Sauce Espagnole (No. 10).

314. *Cabbage stewed with Rice (Maigre).*

Boil the cabbage as before, drain, and shred it like pickled cabbage. Put into a stewpan three ounces of butter well rolled in flour; and, when it is melted, put in the shred cabbage and four ounces of boiled rice as for currie (No. 932); add two teaspoonfuls of salt, one of white pepper, and a blade of mace pounded, and add gradually three tablespoonfuls of cream. Let all simmer a quarter of an hour, then serve hot. This is an excellent Lenten dish.

315. *To stew Red Cabbage.*

Wash a large red cabbage, trim the leaves, and slice it in thin slices into a stewpan with three ounces of butter, shaking it round till the butter is dissolved; add two teaspoonfuls of salt and one of pepper, and let it stew very gently in the juice and butter for three hours; then stir in a tablespoonful of vinegar,

and in a few minutes serve the cabbage on a dish with sausages or any other suitable meat round it.

316. *To stew Red Cabbage Marinaded.*

Wash a small red cabbage, shred it very fine, boil it for a quarter of an hour in salt and water, then drain it, and put it into a bowl, sprinkling over it a mixture of two teaspoonfuls of salt and one or pepper, and cover it with an equal quantity of vinegar and cold water mixed. Let it marinade for three hours, then drain it and put into a stewpan with three ounces of butter rolled in flour, and a dessertspoonful of powdered sugar. Let the whole simmer gently for three hours, then serve with sausages, boiled ducks, chops, or any meat suitable.

317. *Colcannon—a favourite Irish Dish.*

Boil separately, and in the usual way, equal weights of cabbages and of potatoes; drain and press the cabbage, and mash the potatoes smooth with a little butter, then heat them well together, and, if not disapproved, add a boiled onion chopped very small, an ounce of butter to each pound of the mixture, and pepper and salt in proportion; heat it a few minutes over the fire, then fill a hot mould, and turn it out to serve. It is a pretty looking dish, and much liked by those who are accustomed to it; but we would advise the onion being left out, unless specially ordered.

318. *To boil Brussels Sprouts.*

Brussels sprouts, so much in use in winter and the early spring, are the secondary buds of a species of savoy cabbage, which are formed after the first heads have been cut. They should be eaten quite fresh, and not of larger size than walnuts, or they cannot have the delicate flavour so much admired. Put them in boiling water and salt, and let them boil for a quarter of an hour. Drain them thoroughly and serve with a little butter in the midst, and melted butter sent in with them. They may also be stewed like the larger cabbages; but simple boiling suits the vegetable best.

319. *To boil Cauliflower.*

This universally liked summer vegetable may be had from June to October, when its successor, broccoli, follows to supply the winter season. Cauliflower should be cut in the early morning, while the dew hangs upon it: if this be suffered to evaporate, the vegetable becomes tough and vapid. Trim the outer leaves, cut the stem away close, and plunge the vegetable into cold water salted, for an hour before it is dressed. Put a large tablespoonful of salt into boiling water, and skim till the water be quite clear, or the colour and appearance of the vegetable will be injured; then put the cauliflowers in, and boil slowly till they are tender, that is, from fifteen to twenty-five minutes, according to size; but not one minute longer than necessary, or they will be spoiled. Drain, and serve them immediately with melted butter.

320. *Cauliflower in White Sauce.*

Boil the cauliflower as above, but only half the time necessary to render it tender; then drain, and divide neatly into three or four parts according to the size; put the pieces into a stewpan with as much good white sauce (No. 18) as will cover the vegetable, and stew gently for ten minutes; then lift out the pieces, arrange them on a hot dish as a whole cauliflower, and serve the sauce round it. This is a favourite mode of dressing cauliflower.

321. *Cauliflowers au Gratin.*

Half-boil the cauliflowers as in the last receipt; then take them up, drain and divide in two, dip each piece in thick cream, then cover with fine seasoned crumbs and small pieces of butter; put them into a Dutch oven, and let the crumbs brown lightly, and in ten minutes arrange the cauliflower as whole on the dish, and serve.

322. *Cauliflower with Parmesan.*

Cut off the stems and trim the leaves of two good cauliflowers; wash thoroughly, boil them as in No. 319 in salted water, and split them in two. Put into a stewpan a quarter of

a pint of good white sauce, to which add one tablespoonful of grated Parmesan ; let it simmer till you drain the cauliflower ; then put it into the sauce and simmer it ten minutes longer ; take out the cauliflower and arrange in a dish, grating Parmesan over it ; toast it for two or three minutes in a Dutch oven, then pour the sauce over and serve it.

323. *To dress Brocoli.*

Cut the heads with short stalks, and scrape away the rough outer skin ; then tie them into bundles like asparagus, throw them into boiling water and salt, and let them boil for ten minutes or a quarter of an hour ; then serve them like asparagus on a toast with melted butter.

324. *To fry Brocoli.*

Boil as above, then drain and spread the shoots to cool a little, after which dip them in French batter and fry in butter till light brown ; serve them neatly arranged on a hot dish.

325. *To boil Spinach.*

This excellent vegetable, as agreeable in appearance as in quality, may be had during the spring and the later months of the autumn. It is not good unless fresh gathered, and should be plucked and washed, leaf by leaf, through two or three fresh supplies of cold water to rid it of the dust and small insects ; but it must be tenderly handled, that the juices do not escape ; and it is therefore safer to drain it on a sieve rather than dry it in a cloth. Have ready well-skimmed boiling water, with a good proportion of salt in it ; throw the spinach into the water, and press it down with a wooden spoon, that it may be equally boiled. If it be young, and you have abundance of water, it will be tender in ten minutes ; but this you must ascertain before you take off the pan, for if the leaves be large they may require a few minutes longer. When done, take it out, drain it on a sieve, press it between two wooden platters till the water is forced out ; then chop it fine and put it into a stewpan, with a teaspoonful or two of salt and two or three ounces of butter, or, if you choose, a spoonful or two of gravy ; stir it well for five minutes, then spread it

on a dish and score it in dice, or mould it any form, and serve hot.

326. *Spinach à la Française.*

Clean, boil, and drain the spinach as in the preceding receipt, and when the water is entirely expelled, leave it to cool; when cold, beat it smooth with a wooden spatula, roll an ounce of butter in flour, and let it dissolve in a stewpan with a teaspoonful each of salt and pounded sugar; put in the spinach, and, by degrees, stir in a quarter of a pint of boiling cream. Let it simmer ten minutes, then serve smooth on a dish, with fried sippets round it, or *croustades* of pastry.

327. *Spinach in Gravy.*

Pick the leaves and wash them very carefully, boil them, strain and press them; then throw them into cold water for half an hour, take the spinach out of the water in small quantities, and press it thoroughly by forming it into balls; spread these out, and chop them fine with a wooden spatula. Put into a stewpan an ounce or two of butter, and when it melts put the spinach over it. Stir it round and let it dry; then add a teaspoonful of salt, as much pounded sugar, and a very slight flavour of nutmeg, and moisten it with two tablespoonfuls of rich gravy. Some cooks add yolks of eggs; but the fewer adjuncts the better. Serve it hot, with sippets. But no mode of dressing spinach can excel simple boiling, or *spinach au jus*, as the French name it.

In imitation of spinach, when in the summer months it is out of season, turnip-tops, beetroot-tops, and even dandelion leaves may be successfully substituted. Even nettles, which, in times of famine, have been sought by the starving poor, have been discovered to be not only nutritious, but delicate and agreeable to the taste, when well boiled and dressed like greens or spinach. One of the most skilful as well as most economical of cooks, M. Soyer, highly lauds this excellent and neglected vegetable.

328. *To stew Sorrel.*

Wash the sorrel-leaves very clean, and strain a few minutes in a colander; then put them in an earthen jar into a slow

oven, and let them stew in their own juice till perfectly tender; then add a sprinkling of salt and an ounce of butter, and beat the leaves quite smooth. Serve with roast mutton or chops.

329. *To fry Sorrel.*

Pick the middle leaves only, wash them well, trim the stems and points, dip them in French batter, and fry till brown in oil or butter. Arrange on a dish, with fried parsley round.

330. *To dress Endive.*

The green curled endive is chiefly used for salads in winter; but the white and the Batavian varieties may be stewed in various ways, and make an agreeable change in summer vegetables. Pick and wash the endive, to have it perfectly sound and free from insects; then boil it, like other greens, in salt and water, only changing the water two or three times to carry off the bitterness of the vegetable. It will require half an hour to render it quite tender; when taken out of the boiling water, throw it for ten minutes into cold water; then take it out, drain, and press it quite dry; chop it small and put it in a stewpan, with a slice of butter, an eschalot, minced, and a teaspoonful each of salt and powdered sugar. Stir and beat it smooth with a wooden spoon, and stew for ten minutes; then serve it round roast mutton or cutlets, or alone, with sippets round. It may also be dressed as *Spinach à la Française* with cream (No. 326).

331. *To stew Lettuces.*

Though lettuce usually forms the chief component part of salads, yet, from its wholesome qualities, it is of great use as a cooked vegetable. Trim the outer leaves, and cut away the stems of the lettuces; boil them, as other greens, in salt and water for half an hour, or till tender; then throw them into cold water, drain and press them, chop and beat them smooth with a slice of butter and a teaspoonful of salt, and put into a stewpan, with two tablespoonfuls of good gravy and a dessert-spoonful of tarragon vinegar; stir for a quarter of an hour, then serve smooth on a dish, with fried sippets round.

332. *Lettuces en Surprise.*

Wash and trim four good-sized lettuces, close-headed ; boil them in salt and water for a quarter of an hour only, throw them into cold water and drain them ; then fill the interior of the lettuce with forcemeat (No. 195), and tie up the end ; put them into a stewpan with as much gravy or *bouillon* as will cover them, a teaspoonful of salt, and a teaspoonful of vinegar, and stew gently for a quarter of an hour more ; then remove the tie, and dish them with the gravy.

333. *To dress Tomatas.*

The tomata, or love-apple, is, in fact, a fruit ; but being usually sent to table dressed as vegetables, we include it with them. The most simple mode of cooking them is to boil them like vegetables in boiling water and salt, for a quarter of an hour ; then drain, peel, and mash them smooth, with a due proportion of salt and pepper, and a minced eschalot ; or roast them in a Dutch oven, turning them frequently for ten minutes or a quarter of an hour. They must then be served whole.

334. *Forced Tomatas.*

Open the top and extract the seeds from half a dozen tomatas ; fill up the middle with sausage meat (No. 197) ; put them into a stewpan with as much *bouillon* as will cover them, a clove of garlic, two teaspoonfuls of salt, and half a teaspoonful of Cayenne. Stew gently for a quarter of an hour in good gravy ; then take out the garlic, add a teaspoonful of lemon-juice, and serve in the gravy.

335. *To stew Chestnuts.*

Take off the outer skin of fifty chestnuts, put them into a roaster, and heat till you can peel the inner skin ; then put them into a stewpan, with as much cullis (No. 5), or brown gravy *maigre* (No. 8),—if you desire a *maigre* dish,—as will cover them entirely. Stew them gently for an hour ; then season with salt only, add a glass of sherry ; in a few minutes take out the chestnuts carefully, without breaking, keep them

hot till you reduce the gravy ten minutes, then pour it round them and serve.

336. *To broil Mushrooms.*

Of the indigenous vegetables of our country, few are valued as food ; but among these the mushroom holds the highest place, and is certainly more delicate in flavour than the mushroom artificially produced by cultivation. A very simple knowledge of the distinct marks and odour of the true edible plant will preserve any observing person from the danger of picking the fetid, fleshy fungus, and in these days of information every child acquires such knowledge. The mushrooms of summer, collected in the pastures, are the most delicate.

The most ready way to cook mushrooms, and to enjoy the pure, unadulterated flavour, is to cut away the stems, rub the outside skin away with a flannel dipped in salt, and place them, the hollow part uppermost, on a gridiron, strewing them with salt. Let them broil till thoroughly heated, then serve them with brown bread and butter.

337. *To stew Mushrooms.*

Trim and rub clean half a pint of large button mushrooms ; put into a stewpan two ounces of butter, shake it over the fire till thoroughly melted ; put in the mushrooms, a teaspoonful of salt, half as much pepper, and a blade of mace pounded ; stew till the mushrooms are tender, then serve them on a hot dish. They are usually sent in as a breakfast dish, thus prepared in butter.

338. *Mushrooms à la Crème.*

Trim and rub half a pint of button mushrooms ; dissolve two ounces of butter rolled in flour in a stewpan ; then put in the mushrooms, a bunch of parsley, a teaspoonful of salt, half a teaspoonful each of white pepper and of powdered sugar ; shake the pan round for ten minutes, then beat up the yolks of two eggs, with two tablespoonfuls of cream, and add by degrees to the mushrooms ; in two or three minutes you can serve them in the sauce.

339. *Mushrooms on Toast.*

Put a pint of prepared mushrooms into a stewpan, with two ounces of butter rolled in flour ; add a teaspoonful of salt, half a teaspoonful of white pepper, a blade of mace powdered, and half a teaspoonful of grated lemon ; stew till the butter is all absorbed, then add as much white *roux* as will moisten the mushrooms ; fry a slice of bread in butter, to fit the dish, and as soon as the mushrooms are tender, serve them on the toast.

340. *To pot Mushrooms.*

The small open mushrooms suit best for potting. Trim and rub them ; put into a stewpan a quart of mushrooms, three ounces of butter, two teaspoonfuls of salt, and half a teaspoonful of Cayenne and mace mixed, and stew for ten or fifteen minutes, or till the mushrooms are tender ; take them carefully out and drain them perfectly on a sloping dish, and when cold press them into small pots, and pour clarified butter over them, in which state they will keep for a week or two. If required to be longer preserved, put writing-paper over the butter, and over that melted suet, which will effectually preserve them for many weeks, if kept in a dry, cool place.

341. *Truffles.*

This delicious esculent, the pride of Perigord, is from its rarity and inimitable flavour, of great cost in England, though it may be found in many parts of the country, to the south, by those skilled in the search. The best time for obtaining truffles is from October to January ; but for general use for cookery they may always be bought at a respectable house, genuine, though at high prices. They are chiefly employed in soups, sauces, pies, and all compounded or made dishes, and beyond the flavour they communicate, admirably preserve the poultry or game which they are used to stuff ; so that they may be sent a great distance thus prepared without being tainted. A very high authority says that truffles, when sliced, "lose their delicate juices, their exquisite flavour, and their perfume," and "to enjoy the truffles, they ought to be eaten whole and perfectly fresh, *à la serviette*."

342. *Truffles à la Serviette.*

The large black truffles usually found near the ironstone are the best ; they require to be washed through several waters, and brushed till no particle of sand or dust remain. Fold each truffle in a buttered paper and toast them in a Dutch oven, turning them frequently over for nearly an hour ; then remove the papers, and serve them on a napkin, without any sauce.

343. *Truffles à la Française.*

Wash, brush, and peel the truffles ; put them into a stewpan, with a bunch of mixed herbs and a clove of garlic, with as much brown gravy as will barely cover them ; simmer slowly, and as they become dry add any good French white wine to keep up the moisture ; continue to add this for an hour, then take out the truffles, drain them, and serve them on a napkin.

344. *Salads and Salad Sauces.*

Any-one may from a good receipt, with a little attention, compound the salad sauce, but it requires a delicate and practised hand to prepare the salad, which no knife should touch. Witty and learned men have not only deigned to write on the subject, but to mix the salad with their own hands ; and the hands that break the lettuce should be discreet and delicate. It is even said that an *artiste* in salad-making has accumulated a fortune by his professional dexterity. To have a salad sent up, chopped with a knife roughly by a careless cook an hour before dinner, and mixed with a sauce that may not suit the taste of more than half the company, is certainly a mistake. Many serve the sauce separate, but certainly the ingredients cannot imbibe the flavour of the sauce so well as when it is poured over the whole, which should be the moment before it is served. Though the lettuce is the foundation and chief ingredient of an English salad, we grow few vegetables that may not, dressed or undressed, be advantageously used in salads. The principal point in using the raw vegetable, is to obtain it freshly cut and in perfect season. We subjoin a list of the vegetables which, combined with an endless variety of portions of fish, fowl, or game, flavoured with many condi-

ments, and stirred up, as the Spanish proverb asserts, by a madman, will produce that inimitable compound, a salad.

Lettuces in every variety.	Potatoes.
Mustard-and-Cress.	French Beans.
Radishes.	Windsor Beans.
Beetroot.	Onions, young.
Endive.	Eschalots.
Celery.	Garlic.
Cucumber, cut thin.	Chives.
Watercress.	Lentils.
Parsley.	Dandelion-leaves.
Cauliflower.	Tarragon.
Asparagus.	Tomatas.

345. *A common Salad Sauce.*

Take the yolk of a hard-boiled egg and rub it quite smooth, with a tablespoonful of cream and a teaspoonful each of salt, mustard, and powdered sugar ; mix this by degrees with three tablespoonfuls of salad-oil, and when perfectly smooth, stir in gradually two tablespoonfuls of vinegar ; send the sauce up in a separate bowl, to be poured over the vegetables immediately before they are eaten.

346. *Dr. Kitchener's Salad Sauce.*

Boil a couple of eggs for twelve minutes, and put them in a basin of cold water for a few minutes. The yolks must be quite cold and hard, or they will not incorporate with the other ingredients. Rub them through a sieve with a wooden spoon, and mix them with a tablespoonful of water or fine double cream ; then add two tablespoonfuls of oil or melted butter ; when these are well mixed, add by degrees a teaspoonful of salt or powdered sugar, and the same of made mustard ; when these are smoothly united, add very gradually three tablespoonfuls of vinegar ; rub it with the other ingredients till thoroughly incorporated with them ; cut up the white of egg to garnish the salad with. Let the sauce remain at the bottom of the bowl, and do not stir up the salad till it is to be eaten.

In the present day a much larger proportion of oil is used in salad sauce, and is recommended as rendering the raw vegetables more digestible.

347. *Parmentier's Salad Vinegar.*

Eschalots, sweet savory, chives, and tarragon, of each three ounces, two tablespoonfuls of dried mint, as much of balm; beat these together in a mortar, put them into a stone gallon bottle, and fill it up with strong white-wine vinegar, cork it securely; let it stand a fortnight in the sun; then filter it through a flannel bag, and bottle it to use for salads instead of common vinegar.

348. *Salad Sauce Mayonnaise.*

Beat up well the yolks of two fresh raw eggs, a teaspoonful of salt, and a quarter as much Cayenne; mix with this by slow degrees four tablespoonfuls of oil, till it is about the consistence of cream, and then stir in gradually two tablespoonfuls of Chili, tarragon, or Parmentier's vinegar. This excellent sauce is frequently used for meat or fish salads; but like all salad sauces, it requires great care in mixing.

349. *Salad Sauce à l'Italienne.*

Chop an anchovy quite small, and rub it quite smooth with a teaspoonful of made mustard and a tablespoonful of oil; then add by degrees three more tablespoonfuls of oil, one of garlic vinegar, and one of good wine vinegar; stir till all be smooth and creamy, and serve in a separate bowl to be added to the salad at table.

350. *Receipt for a Winter Salad.*

Though now so universally known, our book would not be complete without the addition of the witty Sydney Smith's receipt:—

Two large potatoes, pass'd through kitchen sieve,
Unwonted softness to the salad give.
Of mordent mustard add a single spoon;
Distrust the condiment which bites so soon:
But deem it not, thou man of herbs, a fault
To add a double quantity of salt.
Three times the spoon with oil of Lucca crown,
And once with vinegar procured from town.
True flavour needs it, and your poet begs,
The pounded yellow of two well-boil'd eggs.

Let onion atoms lurk within the bowl,
 And, scarce suspected, animate the whole.
 And, lastly, on the favour'd compound toss
 A magic teaspoonful of anchovy sauce ;
 Then, though green turtle fail, though venison 's tough,
 And ham and turkey are not boil'd enough,
 Serenely full the epicure may say—
 "Fate cannot harm me—I have dined to-day."

351. *A Spring Salad.*

The first object in collecting the vegetables for a salad is to obtain them perfectly fresh. Lettuces cut from the garden, young, crisp, and free from insects ; a bunch of very young green onions, and as much mustard-and-cress ; perhaps a tender radish, or a slice or two of cucumber, these are the vegetable ingredients for a summer salad. The prevailing opinion now is, that the lettuces should never be washed, only carefully examined, and any suspicion of dust or insect removed ; but if English prejudice revolts at this risk, plunge them for a minute or two into a bowl of well-salted cold water, put them into a clean napkin, and whisk them about a few minutes to shake the water from them ; but do not dry the leaves, lest you release the juices. Then let a delicate hand—not that of the cook or footman—break the vegetables into small pieces, that they may not taste of the knife. When the bowl is filled, decorate the top with curled parsley, nasturtium, marigold, or white of egg. Send it fresh to table with the sauce ready to pour over it.

352. *Endive Salad.*

In the winter season, a pretty salad may be served of the crisp, blanched endive-leaves, a small proportion of winter cress, a few chives, and a head of celery sliced. The curled leaves of the endive arranged on the top are a sufficient ornament.

353. *Beetroot Salad.*

Slice any quantity of boiled red beetroot, and add a quarter of the quantity of boiled onions sliced ; arrange them in alternate slices, and surround with a border of curled parsley ; then pour over the salad sauce.

354. *Salsafy Salad.*

Boil the salsafy as directed in No. 261; drain, and cut into equal lengths; then pour over the simple salad sauce in which cream predominates. This is an agreeable autumn salad.

355. *Potato Salad.*

Potato salad is of all seasons, and accessible to poor and rich. It is simply made of cold boiled potatoes sliced and seasoned with vinegar, salt, pepper, or any more *recherche* salad sauce. Beetroot, gherkins, or any other cold vegetables, may also be added as an improvement; and for ornament, any of the graceful herbs of the season.

356. *French Bean Salad.*

Trim, slice, and boil the French beans as usual; drain them, and allow them to be perfectly cold; strew over them pepper and salt, and cover with vinegar for a quarter of an hour; then drain and serve the beans with any salad sauce you choose.

Windsor beans and lentils are dressed as salad in the same way.

357. *Salad of Watercresses or Sorrel.*

Fresh and young, gathered with the dew upon them, on the banks of some running stream, no vegetable makes a more agreeable salad than watercresses. If for breakfast, they should be served *au naturel*,—all mixtures injure their fresh crispness; but when sent in at dinner, they are generally placed in a bowl with vinegar and salt poured over them, or heaped round a dish of roast fowl. Sorrel, another indigenous vegetable, makes also a pleasant salad, sent up *uncut*, with any simple salad sauce.

358. *Cauliflower Salad.*

The remains of cold cauliflower or asparagus make a delicious salad, sliced, with any salad mixture which has a large proportion of oil.

It is only in England that the remains of cooked vegetables

are wasted ; our more economical continental neighbours with good taste and small expense convert all these into salads, a pretty and wholesome addition to the table.

359. *Sauer Kraut.*

This favourite German delicacy is never very agreeable to an English palate on first visiting Germany ; but from having it constantly served up at dinner and supper, it is impossible to resist partaking of it, and at last liking it. It is made of large, firm, well-grown cabbages. Remove the outer leaves and shred the hearts very fine in a wooden bowl or tub, where leave them till a regular fermentation takes place, from twelve to twenty-four hours, according to the condition and quantity of the cabbage ; then press out the moisture as much as possible and lay the cabbage in a deep stone jar, or if in large quantity, in a cask, in layers of two inches thick, sprinkling over each layer a good proportion of salt and a few juniper-berries or caraway-seeds. When the vessel is filled completely, press the sauer kraut down with a wooden cover, on which place heavy weights. When the moisture dries in a crust over the top, the sauer kraut is fit for use.

360. *To dress Sauer Kraut.*

When you take the kraut from the jar or barrel, wash it well first in warm, then in cold water ; put it into a saucepan with a good deal of butter, and let it stew four or five hours. It may then be dished simply as a vegetable, but the more usual way is to add to it in the stewpan a knuckle of ham, a piece of bacon, of lean beef, of sausage, or, in fact, of any kind of meat, for *sauer kraut* is supposed to harmonize with any meat. In this case a little *bouillon* must be added ; and some cooks add half a pint of white wine. Take the meat out when tender, and keep hot, and serve the kraut round it.

361. *Salad à la Française.*

The French salad usually contains more of the smaller herbs than the English, and the sauce a larger proportion of oil, and a teaspoonful of black pepper. A popular French salad consists of three anchovies, an eschalot, a bunch of chervil, one of

parsley, and some thin small slices of dressed meat, arranged neatly in a bowl, and surrounded by slices of lettuce cut lengthways, alternately with thin slices of the fat of the meat, or of ham. Send in with salad sauce.

362. *Rabbit Salad.*

Cut thin slices of bread, and fry in butter a light brown; drain them and leave to cool; then arrange them at the bottom of the dish, and place over them slices of cold rabbit, alternately with small salad herbs and two anchovies chopped small, and slices of small boiled onions. Surround with parsley, and send up with salad sauce to be poured over before helping.

363. *Chicken Salad.*

No salad looks better at table than a chicken salad, which is made of pieces of cold fowl, arranged with taste and neatness, intermixed with the hearts of lettuces cut lengthways, sliced gherkins, sliced boiled carrots, and hard-boiled eggs cut in forms. Strew capers over the salad, and serve with sauce *Mayonnaise*.

Game, or any cold meat, may be thus dressed as a salad.

364. *Turbot Salad.*

Any small pieces of dressed turbot should be preserved, as no salad can be more delicious. Half-fill the bowl with lettuce, mustard-and-cress, and the usual material for spring salad; then lay the pieces of fish alternately with sliced gherkin, fillets of anchovy, and sliced hard-boiled eggs; make a border of curled parsley, and send up with good salad sauce.

Any other dressed fish, especially salmon and halibut, make excellent salads.

365. *Lobster Salad.*

The most universally approved of all fish salads is the lobster salad, whether as a dinner or supper dish. First half-fill the bowl with the most delicate young salad herbs, then blend the coral of the lobster with the sauce, and cut the meat of the tail and claws into small pieces, which place on the vegetables,

intermixed with hard-boiled eggs in slices, and slices of cucumber. Surround with long slices of lettuce and young radishes, and serve with the sauce poured over. Sauce Mayonnaise (No. 348) is often used. Crabs, prawns, or shrimps, are dressed in the same way, as salads.



CHAPTER VIII.

FISH.

THERE is no operation of cooking more simple in principle, and yet so rarely successful in practice, as that of dressing fish. The cause of this failure is obviously the reluctance that a common cook usually has to abide by the necessary rules of attention and accuracy; and thus it happens that we so frequently see fish brought to table over-boiled, under-boiled, scorched, greasy, or broken into fragments; offensive to sight and to taste, and wholly unfit for digestion.

In the first place the following rules should be strictly attended to.

The fish must be in season,—some time before it begins to spawn, or some time after the spawning; otherwise it will be unwholesome, if not actually dangerous. It must be perfectly fresh; if possible, it should be alive on the day it is cooked.

Next, it must be cleaned with the greatest care and nicety.

Above all, it should be cooked in the mode best suited to its nature.

To choose Fish.

It is the business of the cook to choose fish, and requires judgment and attention.

When perfectly fresh, the fish will feel firm and stiff; the gills will be of a bright red and the eyes bright. The flesh should be elastic, rising again if pressed by the fingers; and the fresh sea-water smell should be pleasant to the sense. If the eyes be dim, the flesh flabby, and the smell offensive, the fish is stale and worthless.

Turbot should be thick, and the under-part should be of a yellowish-white; if blue, and the fish thin, depend on it, it is

not good. It is in finest condition during the summer months. Turbot may be kept a day without much change.

Salmon, next in estimation, should be chosen thick about the shoulders, with a small head and tail. If it be fresh, the gills and flesh will be red, the body stiff, and the eyes prominent; the scales will be bright, and the smell agreeable. It is in perfection in the spring, and between the flakes is a rich white curd, which is delicious when the fish is cooked in a fresh state; but if it has been kept too long, this curd dissolves, and renders the salmon oily and unpalatable.

A Codfish should be thick about the neck, the eyes bright and full, and the flesh white and firm. The liver should also be white: if red, it shows the fish is out of season. It is best from December to April.

Skate is a fish usually considered a dainty: it is an exceedingly large fish, and only the parts called the wing are used: it is very hard when first caught, and requires to be kept for a day to be tender; it is then a delicious fish. The flesh should look creamy-white, thick, and firm. It is in season in autumn and winter, but dangerous food in spring or summer.

Soles, when fresh, are firm, the lower part cream-colour: they should be chosen thick.

Whitings are delicate and easy of digestion: if they be firm and sweet, you may be sure they are fresh.

Haddocks, Herrings, Mackerel, and other small sea-fish, are easily chosen by the same rules. The largest haddocks are the best.

After the salmon, the most delicious of fresh-water fish is the Trout, which is in perfection in June. The female is considered the best fish: it is deeper in the body and smaller in the head than the male. The red spots on the fish are vivid when it is fresh.

Pike, a dry and coarse fresh-water fish, is in finest season in the autumn. If not dressed with much skill and attention, this fish is rarely found agreeable at table.

Carp and Tench are delicate fish, but should be eaten fresh from the water, or, according to the stern directions of the old cookery books, should be cooked *alive*. If the gills be hard and stiff, the body covered with slimy matter, which is removed by rubbing with salt, and the eyes bright, you may depend on their being fresh.

Eels should be bought actually living and moving. They should be destroyed by piercing the spinal marrow at the back of the head, or plunging them in boiling water : the barbarous custom of skinning them alive is now happily exploded. The river eel is much better than that of the pond, in which the muddy taste can never be overcome. The true silver eel, so called from the bright colour of the skin, is the most famous ; especially that of the Thames, which attains the weight of two or three pounds, and is rich, delicate, and nutritious.

The Red Mullet, called the woodcock of the sea, is one of the most delicious of fishes. It is so delicate in its feeding, that the slender single gut is not removed, but allowed to dissolve and enrich the flesh. The bright rose-colour of the skin is the criterion of its being fresh, as after the first day the colour fades, and a stale fish is not red, but a pale brownish colour. It is in full season in the summer months.

TO CHOOSE SHELL-FISH.

It is the best plan to buy lobsters alive, when by their weight and active movements you may readily ascertain their worth. If boiled, a lobster should be chosen with the tail very stiff and springy. If the tail be relaxed and the fish soft and flabby, conclude that it is stale, and perhaps twice boiled to refresh the shell. The male lobster may be distinguished by the narrow back part of the tail : the flesh is firm and highly flavoured, and is preferred to that of the female, which is commonly used for soups and sauces.

Crabs, like lobsters, must be chosen heavy and stiff in the joints. If they be stale, it is easily detected by the smell, the dusky colour, and the laxity of the claws. Crabs and lobsters are in season from April to August ; prawns and shrimps are firm, fragrant, and have the tails stiffly curled when fresh.

Oysters, the most important of shell-fish, vary greatly in quality, and you must rely greatly on the honesty of your fishmonger for their excellence. The Pyfleet, the Colchester, and the Milford oysters are greatly approved ; but the native Milton, as they are called, are usually preferred as being white

and fat. The Irish oysters from Carlingford, or the French oysters from Cancales, if promptly obtained, have a more genuine and exquisite flavour than the bedded, over-fed oyster of the English coast. When perfectly fresh, the shell will close on the knife when it is introduced. If the shell be easily opened, the oyster is weak and sickly; if it appear quite open, it is dead and uneatable. The rock oyster is largest, and liked by many, but usually has a strong flavour; the small, plump natives, eaten fresh, are decidedly most delicate, but should be swallowed immediately when opened. It is now generally allowed that oysters should not be artificially fattened by feeding, which destroys the flavour. The best mode of preserving them is to cover them with salt water, or water mingled with salt, which must be changed every twenty-four hours. The celebrated green oyster, so much prized in Paris, is a small highly-flavoured fish from the coasts of Italy.

Mussels and Cockles follow the same rules, but require great judgment in selection, and are usually most approved when properly cooked rather than eaten raw.

ON CLEANING FISH.

Fish perfectly cleaned is half dressed; and the most carefully cooked fish will fail to give satisfaction if streaks of blood remain about the backbone, if any offensive portion be left inside, or a single scale outside. It is not only unpleasant to the eye to observe this neglect, but the flavour of the fish is ruined by it. Thus a heedless or ignorant cook may inflict mortification and disgust on a whole party; and thus the necessity of a regular apprenticeship to the important art is obvious.

The fishmonger, who is accustomed to the task, is usually expected to gut the fish; for it would be spoiled if roughly handled during the process, and should never be injured in appearance before it is sent to the table. If it be necessary to perform this important operation at home, the fish should be lightly handled, so that the form and stiffness be preserved, opened with a sharp knife, every particle of the

intestines removed, and the blood, especially about the backbone, cleansed or brushed off. Then beneath a tap or pump of water effectually purify the fish ; and if it has to be scaled, take care to do it neatly and dexterously, holding it on a flat board by the head with the left hand, and scraping off the scales down towards the tail with the right till all are removed ; then flood the fish with water to carry away the scales. Do not leave it lying in the water, which would diminish the flavour ; but hang it up by the head till you begin to cook it. The red mullet is dressed without being gutted or scaled ; nor should the gills be taken out as with all other fish. The fins of most fish must be cut off ; but the fins of the turbot are delicate, and must never be removed. Eels are always skinned before they are dressed ; other fish are skinned for frying as hereafter directed.

If the fish is not to be scaled, it should be placed under a flow of cold water, and gently rubbed with a coarse towel from the head downwards, to remove all slime without bruising the fish or displacing the scales. Pilchards are not even rubbed before dressing. Sprats and very small fish are usually cleaned by cutting off the head and drawing the intestines through the opening, leaving the body whole.

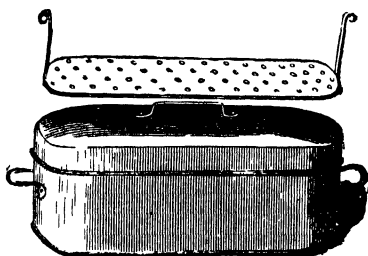
GENERAL RULES FOR DRESSING FISH.

366. Boiling.

The fish usually boiled are turbot, cod, and salmon ; and the process we have always used with success is as follows :—

The fish to be boiled must be put into a proper-sized turbot-kettle, and completely covered with cold soft water, in which two teaspoonfuls of salt and the same quantity of vinegar must be added to every quart of water. This water should be allowed to heat so gradually that when the water boils the fish should be done. Keep the kettle covered, lest any soot fall in ; but carefully skim the water several times, or the slimy scum will fall on the fish and spoil the appearance of it. The liquor in which fish has been boiled should be

preserved as the foundation of sauces or soup maigre ; or to boil fish again the ensuing day, as it will greatly improve the flavour of the fish boiled the second time.



FISH-KETTLE.

Modern chemists, however, now recommend that fish should be at once plunged into boiling water, by which process the nutritious juices are prevented from being extracted ; and then by adding cold water at intervals, the boiling should be kept down to simmering till the fish is done. To judge if it be sufficiently done, the fish-plate should be raised and a knife or a wooden skewer inserted into the thick part, and if it goes in easily, and the flesh separates from the bones, the fish is done. The fish-plate must then be placed crosswise over the kettle till it is drained, covered with a clean cloth dipped in the boiling water. Never dish it up till the moment it has to be taken to table ; for nothing saddens and destroys the firmness of fish more than being long under the cover.

367. *Frying.*

If the fish is to be fried ; after it is well cleaned and washed it must be placed on a soft cloth and gently dried ; then it is usually dredged with flour, brushed over with a well-beat egg, and strewed with fine crumbs of bread, which prevents the juices from escaping or the fat penetrating. It improves the appearance of the fish to do this a second time before it is put into the frying-pan, which must be scrupulously clean ; then the pan must be filled with the lard, or oil, to be used. In England we generally use for frying, lard, roast-beef dripping

or butter, as most economical and easily obtained ; but our continental neighbours, the magnates of cookery, always employ the delicate medium of olive-oil, which when of the best sort is, though expensive, certainly the most agreeable to the palate. Butter, if not carefully watched, will burn, and spoils the look of the fish, and, if it contains much salt, prevents it browning. Place the frying-pan over a clear, sharp fire, and as soon as the fat is boiling hot, but not bubbling, plunge the fish into it. It should be perfectly covered with the fat, which forms the crust, or *la surprise* as cooks term it, and carefully watched ; and when one side is become a fine yellowish-brown, it must be turned, taking care that the process is not too rapid. When thoroughly done, it should be very cautiously removed with a fish-slice, and perfectly drained on an inverted sieve. Nothing is more offensive than fried fish which is in the least greasy.

The fat or oil in which the fish has been fried should be poured from the pan into an earthenware jar, and may be used for the same purpose frequently ; but not for frying anything but fish.

368. *Broiling Fish.*

After the fish is washed, it is advisable to rub it with vinegar before it is placed on the gridiron, to prevent the skin being broken ; and it is very important to have gridiron tongs to turn the fish, as a knife or fork may make an incision through which the juices of the fish will escape, and the flavour and nutriment be destroyed. The fish should be floured, and placed on a clean, hot gridiron, the bars of which have been rubbed with fresh suet ; and if the fish be very small and delicate, it is well to fold it in buttered writing-paper, or to dust fine flour over the bars. The fire must be prepared properly bright and clear, without any fresh coal, lest the meat be smoked, and never stirred while the fish is over it. A little salt may be thrown over the fire to check the smoke.

Baking and stewing fish are often convenient or economical modes of dressing it, and are amply described in the receipts that follow.

TURBOT.

Turbot must have the precedence over every other fish. It is rare, delicate, and costly, and is therefore a luxury confined to the tables of the affluent. The fishmonger never sells a turbot by weight ; you select your fish, and he puts a price on it, which you must pay ; for no one thinks of bargaining for a turbot.

The turbot being well cleaned, washed, and lightly rubbed over with salt, will keep for two days in a cool place, and be rather improved, according to the opinion of the celebrated Ude.

369. To boil a Turbot.

The turbot being well cleaned, the gills and scales removed, and the fins neatly trimmed, but *not* cut off,—it must be put for an hour into cold spring water with three or four ounces of salt in it. Then, with a sharp knife, make an incision down to the bone through the dark skin, which is the back of the fish, and through this remove the inside. Gently raise the flesh from the backbone, and cut through one of the bones on each side, to prevent the flesh breaking the skin of the breast by the swelling in boiling ; tie up the mouth, rub the fish over with lemon-juice, and sprinkle it lightly with salt. Be particular to have the turbot-kettle the proper size, and the fish-plate to fit it. Place the turbot on the plate with the belly or light-coloured skin uppermost, and put it in as much cold water as will cover it, adding salt in the proportion of a quarter of a pound to each gallon of water. As the water gradually approaches boiling, skim it with great care, and be watchful that no soot falls in to diminish the beauty of the skin. The moment the water begins to boil, draw the kettle on one side, so that it may only simmer till the fish is ready. The time required for boiling it will be from thirty minutes, supposing the fish to weigh eight pounds, to forty minutes, as it may be larger. Take it out of the water and place the strainer across the kettle, the fish being covered with a napkin. Dish it with great care upon a hot drainer covered with a napkin. If the skin be shrivelled or broken, it is common to cover it by sprinkling over a little of the red coral of the hen lobster rubbed through a hair sieve.

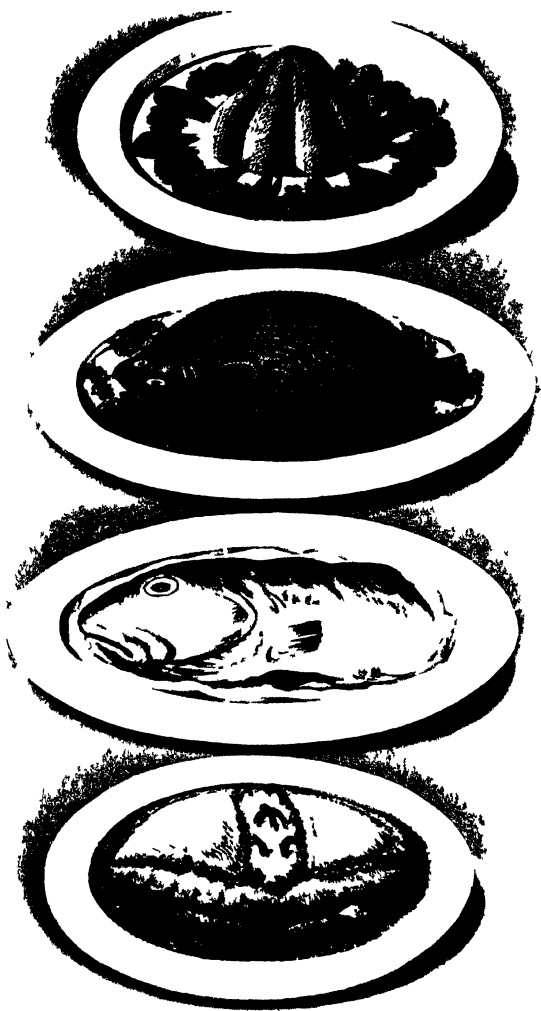
The fish may be garnished with alternate sprigs of parsley and slices of lemon, or with horseradish and barberries; but for a large dinner it is often served with fried smelts fringed round it. Plain melted butter should always be sent up with a boiled turbot, and also lobster or shrimp sauce.

370. *To bake a Turbot—Turbot à la Parisienne.*

The following receipt for baking a turbot is highly approved by those who prefer a richly-seasoned dish to the delicious flavour of the fish simply boiled. Select an earthenware pan of a size convenient to contain the turbot; rub the inside of the pan well with butter, and sprinkle over it a quarter of an ounce of black ground pepper, a quarter of an ounce of nutmeg, a teaspoonful of salt, and two teaspoonfuls of finely-chopped parsley well mixed together. Place the turbot in the dish, sprinkle the same quantity of seasoning over it, with four ounces of butter broken into small pieces strewed over it also; then dredge it with flour and fine bread-crumbs, pour over it a bottle of sherry or Madeira, put it into a quick oven, and bake it from twenty to thirty minutes, according to size. Remove it carefully to the fish-dish to serve, then empty the liquor from the baking-dish into a saucepan, add a table-spoonful of flour rubbed smooth in butter to thicken it, and serve it in a sauce-tureen. Garnish the turbot with sliced lemon and horseradish.

371. *Turbot Cutlets.*

It sometimes happens that it is not convenient in a small party to dress a whole turbot; in which case, if part of a fish can be purchased, most delicate cutlets may be made from it. Cut the fish from the bones in the neatest form the material will allow; remove the dark skin from the back, but leave the white or lower skin untouched. Dip the cutlets in well-beat egg, and then in fine bread-crumbs mingled with a teaspoonful of salt, but no other seasoning. Fry these chops in plenty of oil, or butter, to a light brown colour, and serve with fried parsley and plain melted butter.



*Gateau de Saumon
Turbot Lobster Spawn ornament
cod
crab*

372. *Cold Pickled Turbot.*

The remains of a fish so costly as the turbot are never thrown aside. Sometimes the fish is served cold with sliced cucumber, or mixed with salad. Sometimes it is sent to table in the pickle prepared as follows :—To one quart of water and one pint of sherry add two onions, four cloves, a turnip and a carrot sliced, a small bunch of herbs, a teaspoonful of salt, and half the quantity of white pepper; boil it half an hour with the remains of the fish neatly trimmed; take out the fish, strain the liquor, let it cool, then pour it over the turbot, and serve quite cold.

373. *Turbot au Bechamel.*

This is the most common method of dressing cold boiled turbot, and is always a favourite dish. While the fish is still warm, take the flesh carefully off the bones and form it into neat small fillets, without any of the skin. Then put into a saucepan a pint of good cream, with half a teaspoonful of salt, a teaspoonful of finely-chopped parsley, the same quantity of chopped shalot, and half a teaspoonful of white pepper. As soon as it is hot, thicken it with four ounces of butter smoothly blended with a tablespoonful of flour and the yolks of two eggs; put in the fillets, and let the whole simmer for five minutes, but on no account boil. Then serve up in the *bechamel*.

This may serve as an *entrée* in a first course: the cold remains are excellent in an omelette.

COD.

A codfish should never be boiled whole; for, being so much thicker at the upper part than at the tail, the thin part would be boiled to rags before the rest was cooked. The head and shoulders are usually boiled, and the rest fried, boiled, or stewed in fillets; the tongue, liver, roe, and sounds, must be preserved. Cod as well as salmon is thought to be improved by crimping, which may be effected by following the directions below.

374. *To crimp Cod.*

The result of the process of crimping is to improve the quality of the fish, and to make it easier to cook and to carve. It should be effected as soon as possible after the fish is caught, in fact while it still lives; though it is usual to stun it by a blow on the head. Then several transverse sections are made across the body, and gashes across the cheek, and it is immediately plunged into cold water; thus the natural stiffening of the muscles is retarded, and then by the sudden application of cold water excited to the greatest possible degree, so that it becomes firm, keeps longer, and is separated with great facility. Crimped fish should be put at once into boiling water, to be checked down to simmering, if it be to be served boiled.

375. *To boil a Cod's Head and Shoulders.*

This is a very handsome dish of fish to place on the table if carefully cooked; and is in the best season about December or January. Wash and clean the head scrupulously; bind it with tape to prevent the cheeks breaking; then put it into the kettle, covered with cold water, in which from four to eight ounces of salt have been thrown, according to the size of the jowl; add a wine-glass of vinegar and a spoonful of scraped horseradish; as soon as it reaches the boiling point, withdraw the kettle to one side, and keep it simmering, removing the scum as it rises. The liver and roe should be boiled separate in the kettle for garnishing. A moderate-sized jowl will require half an hour, and proportionably longer when large; but if the flesh parts easily from the bone, you may conclude the fish is done. Drain, and dish on a hot napkin, garnish with scraped horseradish; and the liver, tongue, and roe, placed on each side. Oyster or cockle sauce and plain melted butter may be served with this.

As a general observation, it may be added, that if when boiled the flesh appears semi-transparent, it is out of season and unwholesome.

376. *To roast a Cod's Head and Shoulders.*

Prepare the jowl for boiling as in the last receipt; set it over the fire, and let it simmer for fifteen minutes; then take it up,

skin it, and roast it before a quick fire for fifteen minutes longer, basting it well with butter. Five minutes before you take it up, cover it well with bread-crumbs, and let it brown; then serve it with the roe and liver sliced, and garnished with slices of lemon. Send in only plain melted butter.

377. *To stew Codfish in slices.*

The tail end of the cod is always best cooked in slices; it is sometimes boiled in the same way as the thick part, but is always more approved stewed or fried.

Cut up about four pounds of the tail end of a cod into slices rather more than an inch thick; leave them for ten minutes in salt and water, then fry them in butter till about half done; put the slices into a stewpan, with a teaspoonful of salt, half the quantity of white pepper, half a small nutmeg grated; fry an onion sliced in butter, and put in with the butter from the frying-pan into the stewpan; then pour over it a pint of sherry, the same quantity of water, and three ounces of butter rubbed smooth with a tablespoonful of flour; let it simmer five minutes, then add twelve or fifteen oysters chopped small, and a teaspoonful of lemon-juice. When the stew has simmered ten minutes longer, take out the fish and place it neatly on the dish; then strain the liquor in which it has been stewed, and pour over the fillets. Garnish with sliced lemon.

378. *To fry or broil Codfish.*

The lower part of the fish is used for frying, and is always best crimped. It must be cut into slices rather more than an inch thick, dredged with flour, sprinkled lightly with salt and grated nutmeg; then fried in a pan filled with boiling oil or lard, and served on a napkin, garnished with fried parsley, and accompanied by plain melted butter. The slices may be broiled with the same preparation.

379. *Cod à la Crème.*

Set over the fire in a small stewpan, a pint of cream, with a teaspoonful of salt, a blade of mace, and half the thin rind of a lemon; let it be hot, then add two spoonfuls of flour rubbed smooth with two ounces of butter; take off the bones care-

fully, in flakes, any remains of cold boiled cod, and put into the sauce; take out the lemon-peel, and let the stew simmer for ten minutes; then take out the fish, pour the sauce over it, and serve with sippets of toasted bread.

380. *Cod with Herbs, not maigre.*

If not required to be a *maigre* dish, a very good mode of making a nice dish of the cold fish, is to put a pint of strong stock into a stewpan, with one shalot chopped fine, a teaspoonful of dried sweet herbs rubbed small, and a teaspoonful of fresh chopped parsley. Rub down two tablespoonfuls of flour, with as much more of the stock as will make it smooth, and add to it. Let it simmer ten minutes; take the flakes of cold fish and sprinkle them with salt, and put in. It must continue to simmer ten minutes longer, and just before it is taken off the fire, add a tablespoonful of lemon-juice, and the same quantity of mushroom ketchup. Serve it in the sauce.

381. *Cod scalloped.*

Butter a large earthenware scallop-dish, and place in it neat flakes of the cold fish, with any of the gelatine left; line the bottom of the dish, and then pour over it any of the sauce or melted butter that has been sent to table with the fish. Sprinkle the fish lightly with salt, Cayenne pepper, and powdered mace; place alternate layers of fish and sauce till the dish is filled; then cover it well with fine bread-crumbs seasoned in the same way; break two ounces of butter into small pieces and stick over the crumbs; put the dish into a Dutch oven, and bake for twenty minutes. This is a useful and pretty dish of little cost.

382. *To boil Cod Sounds.*

The sounds of the codfish, highly relished by many epicures, are always to be had salted, and are useful to send to table when fish cannot be had. They should lie in water six or eight hours, then be scraped and cleaned, and put in a stewpan covered with milk and water. They will take thirty minutes to boil, and the scum must be carefully removed the whole time. Serve them on a napkin with egg sauce.

383. *To broil Cod Sounds.*

Steep the sounds for half an hour in hot water ; then scrape away the dark covering, and put them on the fire to simmer for fifteen minutes. Take them out of the water, dredge them with flour, and put on the gridiron to broil. While this is doing, brown four ounces of butter rubbed into two spoonfuls of flour in the frying-pan, add a drachm of Cayenne pepper, and twice as much unmixed mustard, a teaspoonful of soy, and as soon as the broiled sounds are dished, pour the fried gravy over them, and serve.

384. *To fry Cod Sounds.*

Cut sounds into fillets, dip them in egg, then in fine bread-crumbs and grated nutmeg ; fry them in oil with sliced onion, and serve them on a napkin with good oyster sauce.

385. *Cod Sounds au blanc.*

Scald and clean the sounds, then boil them for twenty minutes in milk and water. Put into a saucepan a pint of new milk, three ounces of butter rubbed smooth with two tablespoonfuls of flour, a teaspoonful of grated lemon-peel, and a blade of mace pounded. Let it simmer gently ; then take up the sounds and put them to the white sauce ; simmer ten minutes longer, then serve.

386. *Cod Sounds as Chickens.*

In a *maigre* dinner, where a variety of dishes are required, cod sounds may be dressed to form a pretty and very excellent side dish. Let three good-sized sounds be scraped and scalded till quite clean and white, then boil them for fifteen minutes, take them out, and leave them to cool. Chop one dozen oysters small, add half a teaspoonful each of salt and white pepper, a blade of mace pounded, four ounces of butter, and three tablespoonfuls of fine bread-crumbs ; bind these together with the yolks of two eggs well beat, and spread the forcemeat over the sounds ; then roll each one up and truss it in the form of a chicken ; dredge them well with flour, put them into a Dutch oven, basting them continually with butter. In fifteen minutes

more they will be roasted ; then serve with oyster sauce poured over them, and garnish with barberries.

387. *To boil Salt Cod.*

The salt cod when prepared with very great care is not only a useful, but even delicate and wholesome food. It is too often spoiled by bad cookery, as it requires time and attention to fit it for digestion. The fish must be soaked in cold water for twelve hours, or longer if it has been long salted : in this time the water must be changed every four hours, so that the salt be entirely drawn away. Put it into a fish-kettle entirely covered with cold water, and set it over a slow fire, allowing it to reach the boiling point, but not actually boil, which would harden the fish. Keep it simmering for fifteen or twenty minutes, according to the size of the fish ; then carefully dish it, unbroken, on a napkin, and serve it with the egg sauce for fish, No. 27. Garnish with horseradish.

388. *To fry Salt Cod with Onions.*

Prepare the salt-fish as in the last receipt and simmer over the fire fifteen minutes. In the mean time slice three good-sized onions, fry them a few minutes in butter, and take them out. Then add two ounces more of butter and two drachms of Cayenne pepper, with half a pint of cream. Shake all together for a minute in the frying-pan, dip the sliced onions in flour, and put them back ; divide the salt-fish into large flakes or fillets, and fry it a light brown ; then serve it up with the onions and the sauce poured over them. Garnish with fried parsley.

389. *Salt Cod in Cream.*

Soak and clean the fish as before, and boil gently for twenty minutes ; then turn it out, keeping it hot over the water with the skin downwards. Make the sauce by blending six ounces of butter with two tablespoonfuls of flour, and putting it over the fire in a stewpan with half a pint of good cream, half a tablespoonful of salt, the same of white pepper, and half a blade of mace, pounded. Let it thicken for five minutes, then stir in a glass of sherry ; dish up the fish, and pour over

it the sauce. Garnish with triangular slices of fried potato, dry and crisp.

390. *To fry Cod's Liver.*

Much of the oily nutritious quality of the cod's liver is lost in boiling,—the way in which it is usually served. To make a rich dish, the liver should be cut into thick slices, dipped in the beat yolks of eggs two or three times, and coated with bread-crumbs, slightly seasoned with pepper and salt only, then fried for twenty minutes, turning it frequently; take it out, and add an ounce of butter rubbed into a spoonful of flour to half the oil left in the pan; add a tablespoonful of lemon-juice and pour over the liver. Garnish with slices of hard-boiled eggs or boiled rice.

391. *Sols.*

No fish is so frequently brought to table as the sole, which is universally liked, usually attainable, and suitable to large or small parties. It is most commonly fried, which we consider the best mode of cooking it; but we give also excellent and tried receipts for dressing it in different ways. The preliminary steps in all are to scale and skin the back of the fish, remove the entrails, wash it out thoroughly, and after washing the roe put it back, pressing it against the backbone. Then wipe the fish quite dry, trim the rough edge of the fins, and cover them up with a cloth, to remain at least an hour to stiffen before they are dressed. They are caught at all times on different coasts, and may constantly be bought in good condition. Plaice and flounders may be broiled or fried like soles.

392. *To boil Sols.*

A good-sized sole, thick and fresh, should be boiled and served like turbot, which it resembles in flavour. When nicely cleaned, but not skinned, put it into a fish-kettle with as much cold water as will cover it, in which three or four ounces of salt, in proportion to the quantity of water, have been dissolved. The boiling must proceed gently, never going beyond a simmering, and the scum must be carefully removed. From five to ten minutes, according to

size, is long enough to cook the sole, which must be served on a napkin, the white side uppermost, with lobster or oyster sauce, and garnished with sliced lemon and sprigs of parsley.

393. *To fry Soles.*

The best soles for frying are the middle size; the very thick large soles should be boiled or stewed, as they rarely can be thoroughly cooked to look well in the frying-pan. After being washed and skinned, fold the soles in a soft clean cloth, and let them lie an hour, that they may be perfectly dry, or the crumbs will not adhere. Then dip them first in flour, and wipe it off with a soft cloth, to absorb any remaining moisture. Brush the fish over with well-beaten eggs, and cover them completely with fine crumbs. Take up the fish by the head, and shake off any loose crumbs; then plunge it into a pan of boiling oil, butter, or any other fat.

Let the fire be clear and bright, and the sole will be a bright brown in five minutes. Turn it carefully by inserting a fork in the head, and raising the tail end with the fish-slice, and fry the other side. Then take the sole out of the pan and place it on a clean cloth before the fire for a few minutes, turning it till dry and crisp. Serve on a napkin, with shrimp sauce and plain melted butter, and garnished with parsley.

394. *To fry Soles in Fillets.*

If your soles are large, and fried fish be required, it is best to divide and fry them in fillets. Clean and skin the sole; then cut it entirely open at the back from head to tail, divide it across, and raise it from the bones, making four neat fillets, trimmed into form. Fold them in a cloth to dry; then flour, cover with egg and bread-crumbs, and fry brown; dry till crisp, then serve with white sauce, No. 17, and melted butter, and pile neatly round the dish with fried parsley in the centre.

395. *To fry Soles in Cutlets.*

Cut off the flesh in four neat round pieces, as for fillets in the last receipt. Have ready in a china bowl half a pint of lemon-juice, in which a sliced onion, a sprig of chopped parsley, a teaspoonful of salt, and six or eight black peppercorns

have been steeped for an hour. Dip the cutlets in the liquor, and let them remain half an hour in it. Then drain them, dredge them with flour, and fry for ten minutes, and serve them with parsley and butter. Garnish with sliced lemon.

396. *To bake Soles with Herbs.*

A pair of large soles must be cleaned and skinned as for frying, the heads and tails cut off, and the backbone taken out. Then chop fine one shalot, as much parsley as when chopped will fill a teaspoon, the same quantity of sweet herbs, half a teaspoonful of salt, and a drachm of Cayenne pepper. Put these into a saucepan with two ounces of butter over the fire, and stir till the butter is melted; add two spoonfuls of fine bread-crumbs, and the beaten yolks of two eggs; shake them together, then take off the fire, and when the stuffing is quite cool, lay it in the place of the backbone of the fish. Then in an earthenware baking-pan, put them into the oven dredged with flour, and with three ounces of butter broken into pieces over them. They will be quite baked in twenty minutes. A spoonful of lemon-juice may be poured over the fish, which should be served in the butter in which they have been stewed, and garnished with alternate sprigs of parsley and slices of lemon.

397. *To stew Soles.*

Three large soles or four of middle size make a good dish. Put the fish into a stewpan and cover them with boiling water, in which two teaspoonfuls of salt have been dissolved; put in with the fish one middle-sized onion, two cloves, two blades of mace, and a dozen black peppercorns, and let them simmer for fifteen minutes. Then put into a stewpan half a pint of cream, and two tablespoonfuls of flour rubbed into two ounces of butter, the rind of a small lemon, a saltspoon of salt, and half a drachm of Cayenne pepper; let it simmer five minutes, then take the fish up, strain the liquor in which they have been boiled and add half of it to the sauce, put the soles into it and let them simmer ten minutes longer. Then serve with the sauce poured round, and sippets of toasted bread.

398. *The John Dory.*

This remarkably ugly fish may be known by its golden colour, from whence probably it derives its name, *doré*; from the large black spot which it bears on each side, and the long spikes or threads standing from its back. It is chiefly found on the west and south coasts, and is considered nearly to approach the turbot in quality. It is certainly a white and firm fish, but is deficient in the richness and flavour peculiar to the unequalled turbot.

399. *To boil a John Dory.*

If the fish weigh from eight to twelve pounds it should be boiled; if smaller, fried like soles. It should be gutted as soon as possible, as no fish sooner gets an unpleasant taste if left uncleaned. The long spikes must be removed and the fins trimmed, but not quite removed. Then it must be put into a suitably sized kettle, and covered with cold water in which two ounces of salt have been dissolved. It will take twenty minutes to boil it, if of large size. It may be served like the turbot with lobster sauce.

400. *To boil Brill.*

Brill, like the John Dory, somewhat resembles the turbot in quality, but is inferior to either in flavour. It is usually boiled in the same way as the turbot, but the fins must be taken away. A brill which weighs six pounds must be simmered over the fire half an hour, then served on a napkin with shrimp or lobster sauce.

401. *Halibut.*

In the south of England this excellent fish is not duly appreciated, except by members of the Jewish faith, who use it largely and cook it deliciously. Though usually very large, the halibut is delicate and nutritious; not so rich and indigestible as the salmon, and as a *maigre* dish may be dressed to resemble meat more than any other fish. It is abundantly brought to market in the spring and summer, and is so cheap that many conclude it to be a fish of inferior quality. This is, however, a mistake; and when turbot cannot be had, this fish

may be dressed in the same way to form a very good substitute. The flakes near the fins and about the head are particularly delicious. We give several receipts, but recommend anyone of them in preference to boiling.

402. *To boil Halibut.*

As the large fish are always the best, it is advisable to have a piece cut of the size you require; boil it like turbot, except that the fins must be removed, and one third more of salt added to the water. It will require fully the same time to boil as the turbot, and should be served with the same sauces.

403. *To bake Halibut.*

We can recommend this as a delicate and economical dish, and the best mode of dressing the fish, except in a pie, for which a receipt will be found No. 1064.

Take about five pounds of halibut, the head and shoulders is the best part, put it into a buttered baking dish, dredge it with flour, strew over it two teaspoonfuls of salt, one drachm of Cayenne pepper, and one blade of mace in powder. Break five ounces of butter into small pieces and spread over it, then put it into a moderate oven and let it bake twenty minutes. No water must be put to it, but a glass of sherry may be added, if chosen, though we think the fish is more delicious without it. After the fish is dished, the gravy must be thickened with a little flour and butter, and poured over it. Plain melted butter and anchovy sauce may be served with it.

404. *To stew Halibut.*

Place the head and shoulders of a moderate sized halibut in a stewpan with a teaspoonful of chopped parsley, the same of thyme, one clove of garlic chopped small, two teaspoonfuls of salt, and half the quantity of white pepper, and two ounces of butter rubbed into flour. Pour over it as much fresh beer or port wine as will barely cover the fish. Let it stew gently over the fire from twenty to thirty minutes, then add a tablespoonful of lemon-juice, and the same quantity of mushroom ketchup. Take out the fish, and stir into the sauce four ounces of butter rubbed into two tablespoonfuls of flour, give it a boil, and pour over the fish. Serve with sliced lemon.

405. *Halibut Cutlets.*

Get a piece of the middle part of the fish and cut into cutlets about three inches in diameter and one inch thick, neatly trimmed, and free from skin or bone. Dip them first in dissolved butter, then in beaten yolk of egg; cover them with fine bread-crumbs lightly seasoned with pepper and salt only. Fry them a light brown in oil or butter, drain and dry them before the fire, then serve them piled round the dish, with shrimp sauce, or plain melted butter and sliced lemon.

406. *Halibut with Potatoes.*

Take equal weights of cold halibut and potatoes boiled with salt in the water, and bruise or pound quite smooth with four ounces of butter, two teaspoonfuls of salt, and one teaspoonful of pepper; put this into a mould, then turn it out into a dish, and place it in a Dutch oven before the fire. It will be ready in a quarter of an hour, and, if nicely browned, makes a pretty and good *maigre* corner dish.

407. *Haddocks.*

Haddock is a fish in great estimation, and found very fine on every part of the coast. It is superior to cod, which it much resembles; the flesh being firm, delicate, and rich. The largest and best haddocks are brought to market from July to December, and are always plentiful and cheap even at their highest season. It is a matter of economy to make the best of them by varying the mode of cooking, for which we give several good receipts. The hake, a fish cheap and common on many of our coasts, may be cooked in the same way as the haddock; but is too coarse to be much approved.

408. *To boil Haddocks.*

Haddocks for boiling should not be more than one day caught, or the rich creamy curd that lies between the flakes becomes oily and unwholesome. They must be cleaned, scaled, and trussed with the tails in the mouth, then put into a kettle of *hot*, not *boiling*, salted water, and allowed to simmer only; the scum being removed as it rises. A fish of three

pounds' weight will require twenty minutes to boil ; and longer or shorter in proportion to the size. Serve on a napkin, with plain melted butter and anchovy sauce.

409. *To broil Haddocks.*

The smaller haddocks are best broiled whole, they must be split up entirely, the heads taken off, skinned, dipped in oil or clarified butter, lightly seasoned with pepper and salt, and broiled a brown colour ; then served with plain melted butter and sliced lemon.

410. *To bake Haddocks.*

Take a moderate sized haddock, scale, and clean it ; then make a stuffing of the liver chopped, three tablespoonfuls of fine crumbs, a teaspoonful of finely chopped lemon peel, a teaspoonful of salt, and half the quantity of white pepper, an ounce of butter, and the yolk of an egg. Fill the haddock with this stuffing, and put it in a baking dish, with two ounces of butter stuck over it, a tablespoonful of vinegar, and the same quantity of anchovy sauce. Bake for twenty minutes, then serve in the sauce with sliced lemon.

411. *To dress Haddocks, Yorkshire fashion.*

Get a good sized haddock, quite fresh, clean and sprinkle it with salt, hang it up for two days ; then put it in a kettle of hot water, and simmer for ten minutes ; take it up, skin it and take away the head, then dip it in beaten yolk of egg and seasoned bread-crumbs, stick over it pieces of butter ; and put it in a Dutch oven before a clear fire from fifteen to twenty minutes till it is nicely browned. Serve with egg sauce, No. 27.

412. *To dress cold Haddocks.*

Cold boiled fish is very useful for making corner dishes, and the haddock can be dressed a second time without losing any of its flavour. Take all the meat remaining carefully from the bones, without any of the skin, or breaking the flakes ; then put into a stewpan two ounces of butter rubbed into two tablespoonfuls of cream ; as soon as it is melted, add twelve

oysters chopped small, a teaspoonful of salt, and half the quantity of white pepper; then stir gradually into it a pint of cream, and when it is hot put in the fish; shake the pan, but do not stir with a spoon, and in ten minutes, when on the point of boiling, turn it out and serve with sippets of bread.

413. *Whitings.*

Whitings are delicate and excellent fish, usually called the chickens of the sea, from their digestible and agreeable qualities. It is so rarely, and at such a sacrifice, that whittings are boiled, that we can only say they *may* be boiled in the same way as haddocks; but the gridiron or the frying pan is the proper cooking apparatus for the delicious whiting. It is one of the nicest of breakfast dishes, where it should always be served broiled. Whitings are in best season in the winter months. This fish is skinned by some cooks, but this is not necessary if well cleaned.

414. *To broil Whitings.*

Clean, scale, and rub the fish dry, dredge them with flour, and broil over a clear fire; then open, take out the back-bone, put in a sprinkling of pepper, salt, and a thin slice of butter, close the fish and serve immediately.

415. *To fry Whitings.*

Scrape off the scales, cut off the fins, wash and dry them thoroughly, then truss them with the tail in the mouth, dip them in egg, and cover with fine bread-crumbs; fry them in abundance of oil or lard, and serve with shrimp sauce. If very large, they should be split open, crumbed, and fried flat like soles.

416. *To stew Whitings.*

Put into a stewpan four ounces of butter, one teaspoonful of chopped parsley, one teaspoonful of chopped young onions, one teaspoonful of salt, and half a teaspoonful of white pepper and nutmeg mixed; shake it about till the butter is dissolved, then put in three good sized whittings, split and crumbed as for frying; let them stew for ten minutes, then add a table-

spoonful of lemon juice and a glass of sherry ; let them heat for two or three minutes longer, then serve in the sauce.

417. *Mackerel.*

Mackerel are wholly unfit for food if not perfectly fresh ; when the colours are bright, the body smooth and firm, and the tail stiff and unbending. Though brought to market later, they are only in fine condition from June to August. When dressed fresh from the water, no fish is more approved than the mackerel, which may be cooked in any mode ; the most objectionable being boiling, which renders the flesh dry, insipid, and indigestible. The roe of the mackerel is a delicacy which must always be preserved, to dress and send in with the fish, or to add to the sauce.

418. *To boil Mackerel.*

Empty and wash the fish thoroughly, removing the roe, which will require three or four minutes longer boiling than the fish. Put them into cold salt and water, and allow them to simmer till done, when the eyes will start and the tail split ; from fifteen to twenty minutes, according to size, is the usual time. Serve them with the roe, and fennel sauce, No. 28, or mackerel roe sauce, No. 68.

419. *To broil Mackerel.*

Clean and carefully wipe a good sized fish, split it entirely down the back, put a little oil over the fish with a feather, lest the delicate skin should be broken by the gridiron, the bars of which must be rubbed with fresh suet. Chop a little parsley and fennel very fine, seasoned with pepper and salt, and rubbed into a thin slice of butter, fill the back of the mackerel with this mixture before you put it on the gridiron, and then broil it slowly over a clear fire ; it will require from twenty to thirty minutes to cook it thoroughly. Serve with fennel sauce.

420. *To fry Mackerel.*

Prepare the mackerel as for broiling ; split up the back, and fill it up with the stuffing, then dip in egg and crumbs, and fry in as much oil or lard as will float the fish ; drain it thoroughly

and serve with the roe sauce, or parsley butter. If the mackerel be thick, it will require twenty minutes to cook it perfectly.

421. *To fry Mackerel in fillets.*

Split the fish, take out the roe to fry separate, divide into four fillets, trim them neatly, but do not skin them ; dip them in beaten yolk of egg, cover them with bread-crumbs ; then dip again into clarified butter, and add another coat of crumbs. Fry them a light brown, and serve with the fried roes in the middle of the dish, and with parsley butter.

422. *To bake Mackerel.*

Clean the fish, cut off the heads, take out and wash the roes, and then put them again into the fish ; powder the fish lightly within and without with a mixture of salt, pepper, and finely-chopped parsley ; arrange them neatly in a baking dish. Pour over them a quarter of a pint of vinegar and half a pint of clarified butter. Then put into the oven and bake for half an hour, remove them to a hot dish, pour the gravy over them, and serve with parsley butter.

423. *Potted Mackerel.*

Clean and split the mackerel, cut off the heads and tails, and trim them to the size to fit your potting pot ; place a layer of the fish with the skin downwards in the pot, make a seasoning of one tablespoonful of salt to one teaspoonful of white pepper and half the quantity of mace powdered ; sprinkle a little of this seasoning over the first layer of fish, and add one ounce of butter broken up. Continue to place layers of fish and seasoning till the pot is nearly filled, then fill up with clarified butter, and bake for an hour. When cold, it will be delicious, for mackerel, being firm and solid, is an excellent fish for potting.

424. *Skate.*

Skate, or skate-wing, as the part which is dressed is usually called, should be carefully chosen, as the quality depends on the species of fish. The best are broad, thick, prickly on the back, and of a delicate cream colour. This fish is in good season in autumn and winter. If it should have a peculiar

smell, unlike the smell of fish, avoid it as dangerous. It must always be kept a day or two before it is dressed, and skinned, whatever mode of cooking be used. In many parts of England where the skate abounds, there is a great prejudice against it, but in families where fish is daily sent to table it is properly valued, and when well dressed is really a dainty, and a favourite dish in French cookery.

425. *To boil Skate.*

Keep the skate hanging two or three days, then laying aside the liver, which is much prized, clean and skin it, then put it into the kettle and cover with cold water, to which the usual quantity of salt has been added, a tablespoonful or two of vinegar, and a small onion cut in two. It requires rather longer boiling, in proportion to the size, than the sole, or the flesh will be hard. It must be served on a napkin, and the liver, which must be boiled separately, may be served at the side or chopped small and mixed with parsley and butter to serve with it. Sometimes caper sauce, No. 29, is sent in with boiled skate.

426. *To fry Skate.*

Skate should be crimped and cut from the bones in large fillets for frying. Let the fillets lie in cold water, in which two tablespoonfuls of lemon-juice and a sprig of parsley have been mixed, for half an hour; then take them out, dry, and flour them, dip in egg, and cover with fine crumbs; fry slowly to a good brown colour. Drain and pile the fillets neatly round a dish, with crisp fried parsley in the midst and caper sauce.

427. *To dress Cold Skate.*

Take the cold fish neatly off the bones, and chop it fine with equal part of bread-crumbs, a tablespoonful of chopped parsley, three ounces of butter, a teaspoonful of salt, half the quantity of white pepper, and nutmeg. Blend into a paste, then bind with the beaten yolk of an egg, and make up into balls, which must be fried for ten minutes in abundance of oil or butter. They must be drained, and served with sliced lemon.

428. *Ling.*

The ling, on the northern and western coasts, is a fish of no mean reputation, and from February to May, when in good season, is really an excellent fish when fried. The liver is white and rich, full of nutritious oil. But the ling is tasteless and dry when boiled.

429. *To fry Ling.*

Cut the ling into slices an inch thick, dip into flour and dry, then cover with beaten egg and seasoned crumbs, and fry in oil. Serve with melted butter and horseradish.

430. *To bake Ling.*

Put about four pounds of ling into a baking-dish well buttered, dredge it with flour; season with two teaspoonfuls of salt and one teaspoonful of mixed Cayenne and mace, and put over it three ounces of butter. Then rub a tablespoonful of flour into a quarter of a pint of cream and add to it. Let it bake for half an hour, then turn out into a dish with sippets, and serve. Ling may also be made into a very good pic when halibut is not to be had, by following the same rules.

431. *Herrings and Pilchards.*

Herrings, the republicans of the ocean, which come in mighty shoals to overturn all established order in the markets, and throw the time-honoured fish of theseason into the shade, though somewhat capricious in their visits, may be expected on our coasts usually from April to October, welcomed by the epicure, the blessing of the poor, diffusing plenty in the abodes of famine, and giving profitable labour to the listless fisherman. Though a delicious and nutritive fish when eaten moderately and well cooked, the herring when it first appears on the coast is so rich and oily that it should be cautiously partaken of. Though sometimes boiled, we would rather recommend the receipts for broiling or frying.

The pilchard—of the same family as the herring—may be cooked in the same way, but it is by no means so fine a fish. It may be distinguished by the fin on the back being exactly in the middle, so that when you hold the fish by it, it is

balanced, while the dorsal fin of the herring is more towards the tail.

432. *To boil Herrings.*

Scale, empty, and wash the herrings ; dry them with a soft cloth, dip them for a moment into vinegar and salt, then truss them with the tails in the mouths, and arrange them on a fish-plate. Put them into boiling water, and allow them to simmer for twelve or fifteen minutes. Then serve them neatly arranged round the dish with parsley, butter, and horseradish, or with white sauce (No. 17).

433. *To broil Herrings.*

Scale and clean as for boiling, but do not truss. The most common mode of broiling is to cut off the head and tail, open the herrings quite flat, and take out the backbones ; then rub the insides with a mixture of half salt and the rest white pepper and pounded mace, and putting a thin slice of butter between, press two together as flat as possible, the skins outside ; dredge them with flour mixed with a tablespoonful of flour mustard, and broil them over a clear fire for twenty minutes ; squeeze a little lemon-juice over them before dishing up, and serve with plain melted butter. They may be broiled whole in the same way as whittings, but always when the herring is broiled the roe must be fried and served with them.

434. *To fry Herrings.*

Herrings may be fried, opened as for broiling ; but for more variety they are often scaled and cleaned, dipped in butter and fried with sliced onions, then dished up with the onions round them, with parsley butter.

435. *To bake Herrings.*

This is a good and economical dish, though somewhat rich when eaten hot. Scale and clean the herrings carefully, put them in layers in a baking dish, sprinkling over each layer one teaspoonful of salt with half a teaspoonful of black pepper, and the same quantity of chopped parsley. When the dish is nearly filled, arrange the roes at the top, add three cloves, a blade of mace, half a pint of vinegar, and the same quantity of

beer ; cover the dish with white paper, and bake in a slow oven for an hour. Herrings dressed in this way are very good to be eaten cold.

436. *To dress Red Herrings.*

Red herrings should be chosen large, firm, and smooth, and the skin of a bright yellow. The best mode of dressing them is to take off the heads, cut up the back, and take out the backbone. Soak them for two hours in warm milk and water, then toast them before the fire for ten minutes, rub them with butter, and serve them with egg sauce, and mashed potatoes round them.

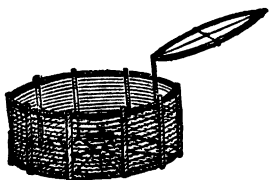
437. *To broil Red Herrings for Breakfast.*

Steep the herring as above, then open each herring, and put over the roe a saltspoonful of mustard rubbed into butter ; broil them before the fire for ten minutes, rub well over with butter, and serve on toast.

438. *To fry Sprats.*

Sprats, considered to be the fry of herrings, are so abundant that though they sometimes form almost the entire food of the poor, they are not much regarded by the rich. Nevertheless they are excellent when washed clean, dried with a cloth, drawn at the gills, dredged with flour, and fried about three minutes. A little lemon-juice may be squeezed over them before they are served. They may be broiled, prepared in the

same way, on a wire gridiron made for the purpose of broiling the small delicate fish.



439. *Salmon.*

Of the fish which visit our rivers at certain seasons, none are so highly esteemed as the rich and delicious salmon. At once agreeable in flavour and nutritious in quality, the salmon is, when in season, the *pièce de resistance* of a *maigre* dinner.

It may be bought in eatable condition in every month of the year except September and October, but is in prime condition in the spring. The Thames and Severn salmon is highest in price; but the Tees salmon of the north, of which great quantities are daily sent to London, rivals in quality any in the kingdom. To keep salmon, dressed or undressed, no salt should be used, as it spoils the colour. Cold salmon may be covered with vinegar, and a little pepper dusted over it, which will sufficiently preserve it.

No fish is susceptible of so many different modes of cooking as the salmon, and there is scarcely any way in which meat is dressed that you cannot produce salmon at table, even in steaks, cutlets, pies, &c., and all with success. It is only when underdone that it can be wholly uneatable. Crimped salmon is always considered a delicacy.

440. *To boil Salmon.*

From three to five pounds of salmon is usually sent to table, unless the party be very large: the jowl, or the middle, is the best part. It must be put into boiling water, in which six ounces of salt to the gallon of water have been boiled, and the scum removed. Soyer recommends cold water, but the modern plan is hot. After the salmon is put into the kettle, it must simmer slowly; and not less time than a quarter of an hour for every pound of fish will be required to cook it thoroughly. It must be withdrawn from the water as soon as done, and served on a hot napkin, with fennel sauce, and either shrimp sauce or plain butter. It is usual to send sliced cucumber up with boiled salmon, and to garnish with horse-radish and fennel.

441. *To grill Salmon Steaks.*

Split and clean the fish; then, without breaking the flakes, trim it into neat cutlets; rub them dry, then dip in clarified butter, put them upon the gridiron, and turn them over like a beef steak, till thoroughly done, which will be in twelve or fifteen minutes according to the thickness. Serve them hot with a thin slice of butter upon each steak. Garnish with horse-radish. These steaks are sent to table without any sauce.

442. To broil Salmon Cutlets en Papillotes.

Cut slices of the thick part of the fish about an inch thick, dip them in clarified butter, and dust lightly with salt and pepper; lay each cutlet on half a sheet of writing-paper buttered, turn it over and twist the paper at each end, then broil the cutlets over a slow fire for about eight minutes. Serve them in the papers, with anchovy sauce. These cutlets form a very agreeable breakfast dish.

443. To fry Fillets of Salmon.

Split and trim neat fillets of the fish, dip them in beaten yolk of egg, then in seasoned bread-crumbs mixed with a small quantity of chopped parsley and fennel; fry in butter a light brown, pour over them a little lemon-juice, and serve with sliced lemon.

444. To stew Salmon Cutlets.

Cut as many neat fillets of fish as will make a dish, dry and dip them in flour, and fry them for five minutes. Then put into the stewpan four ounces of butter with a tablespoonful of flour rubbed into it as soon as it is melted, and a teaspoonful of chopped herbs, and as much chopped parsley and fennel mixed, half a teaspoonful of salt and a drachm of Cayenne pepper. Let this boil for five minutes, then add a glass of Madeira or sherry, and put the fillets of salmon in; let them stew gently for ten minutes, then place them on a dish, and thicken the sauce with two yolks of eggs, and pour over the fillets. Serve with sippets of toasted bread.

445. Gateau de Saumon.

Take one pound of cold dressed salmon and put it in a stewpan with two ounces of butter for ten minutes; then steep one pound of fine bread-crumbs in hot cream for the same length of time; add the crumbs to the fish, and beat both in a mortar till perfectly smooth; adding, as you beat, a teaspoonful of salt, half the quantity of white pepper, and a blade of powdered mace; then mix all well with four well-beat eggs, put into a buttered mould, and bake for twenty minutes; turn it out of the mould and garnish with crawfish.

446. *To collar Salmon for Cold.*

Split a salmon of seven or eight pounds' weight, and take one half for the roll ; wash and clean it, cut off the head and tail part ; then mix two teaspoonfuls of salt, one teaspoonful of white pepper, a drachm of Cayenne pepper, and two drachms of powdered mace ; rub this mixture over the salmon, roll and bind it tight, put it in the kettle with two-thirds cold water and one-third vinegar, with a sprig of parsley and one of fennel ; cover and let it simmer gently for an hour, or an hour and a quarter ; let it stand to be cold, covered with the liquor in which it has been boiled. It is a pretty breakfast-dish, and may be sent in garnished with fennel.

447. *To dry Salmon.*

Open, and empty a moderate sized salmon entirely, taking out the roe, scale and wash it, then lightly rub inside and outside with salt, and let it hang twenty-four hours ; pound one ounce of saltpetre, with two ounces of bay salt, and one ounce of moist sugar ; mix and rub the salmon over with these, and leave it covered with the salt on an earthenware dish for two days ; turn it over, and cover again with the salt for another day. Then drain it on a sieve for six hours, wipe and hang it open in a dry place ; it will be ready for use in a few days, and pieces may be cut off to dress when needed.

Dried salmon cutlets, broiled in buttered paper, are excellent for a breakfast dish, or flaked and dressed in cream with mashed potato ; a neat corner dish may be made of it. When no other fish can be obtained, a piece of dried salmon, boiled and served with egg sauce, is always acceptable.

448. *To pot Salmon.*

Take a piece of fresh salmon of about two pounds' weight, scale and wipe it, cover it with salt, and let it stand two hours to drain ; then take it out of the salt, and cover it inside and outside with a seasoning of one teaspoonful of white pepper, one third of the quantity of Cayenne, and the same of powdered mace ; put four ounces of butter over it, cover it, and put it into a slow oven. It may remain in the oven for an hour and a half, then pour off the gravy, which should be kept for

seasoning other preparations, and when the fish is cold, cover it with clarified butter.

449. *Salmon Trout.*

This fish, though not of the same species as the salmon, and much inferior in quality, somewhat resembles it in flavour, and may be dressed in any mode directed either for dressing salmon or trout; but is most commonly boiled trussed, with the tail in the mouth, and served with fennel sauce.

450. *Trout.*

There is no fish that gives more enjoyment to man than the trout. To the patient, earnest angler, trout-fishing is the grand pleasure of life; and a delicate trout is a morsel to delight the appetite of even the sated epicure. The trout, as the immortal Izaak Walton asserts, is a generous fish, "A fish that feeds clean and purely in the swiftest streams, and on the hardest gravel," and when in season, he continues, "the most dainty palates have allowed precedence to him."

The trout is found in most of the clear mountain streams of England, especially in the north and west; it varies in size from half a pound to eight pounds in weight, but the most delicious fish are those about one pound in weight, found in the rural streams of the mountain districts. Though we condemn the boiling of trout, as the least agreeable mode of cooking, we cannot refuse to give the far-famed receipt of the Great Angler himself.

451. *To boil Trout—Izaak Walton's Receipt.*

"Wash and dry your trout with a clean napkin, empty, and wipe very clean within; but wash him not, and give him three scotches to the bone on one side only. Take a clean kettle, and put in as much hard, stale beer, vinegar, and a little white wine and water as will cover your fish; and throw in a good quantity of salt, the rind of a lemon, a handful of sliced horse-radish, and a handsome light faggot of rosemary, thyme, and winter savory. Set the kettle on a quick fire, and let it boil up to the height before you put in your fish; and if there be many, put in one at a time, that they may not so cool the liquor as to make it fall; and while your fish is boiling, beat

up the butter for your sauce with a ladleful or two of the liquor it is boiling in ; and being boiled enough, pour the liquor from the fish ; and being laid on a dish, pour the sauce over them, and strew horseradish and a little pounded ginger. Garnish with sliced lemon."

452. *To broil Trout.*

Choose trout of the middle size ; empty, wash, and wipe them ; then dip them in melted butter, and broil them over a clear fire. Serve with parsley butter or mushroom sauce

453. *Trout à la Gènevoise.*

Put into a stewpan a pair of trout of about a pound weight each, nicely cleaned, with four ounces of butter, half a teaspoonful of salt, half that quantity of white pepper, a small onion with two cloves stuck in it, the crust of a French roll, and half a pint of sherry. Let them simmer over the fire for half an hour. Take out the bread and bruise it with two ounces more of butter to thicken the sauce ; then take out the fish, stir in the thickening, and pour the sauce over the trout. Serve with sliced lemon and fried sippets of bread.

454. *To fry Trout.*

The most approved way to dress trout is to fry them simply : the flavour of the delicate fish is best preserved by this mode of cooking. Empty, wash, and dry them before the fire ; dust them over with flour, and fry in plenty of oil or lard ; then drain them thoroughly, and serve with plain melted butter. Garnish with parsley.

455. *To bake Trout.*

If the anglers bring in a full panier of trout, it is sometimes convenient to bake a dish, which is delicious to eat cold. Place the fish properly cleaned in a baking-pan ; make a seasoning of the usual proportions of pepper, salt, and mace, with a tablespoonful of chopped parsley, and sprinkle each layer, adding a thin slice of butter on each fish. Bake for half an hour. If served hot, the gravy must be mixed with plain melted butter to send up as sauce.

Trout are excellent potted in the same way as salmon.

456. *Grayling.*

Grayling, also abundant in the rivers of the North, is a beautiful silver-scaled fish, fragrant in smell, and pleasant to the taste. It may be dressed in any respect like the trout, except that it must always be scaled before it is cooked, and should not be eaten in April or May, when trout are in good season.

457. *Smelts.*

These light, delicate, and delicious little fish, which have a fragrant smell like cucumber, are rarely sent to table as a separate dish, but used as a garnish to large boiled fish. They are always cooked in the same way, cleaned, and thoroughly dried with a soft cloth, dredged lightly with flour, and fried in butter for about two minutes, when they will be a golden brown; they must be carefully taken out of the pan with a slice, drained before the fire for a minute and served without any sauce.

458. *Red Mullet.*

The red mullet, though in fact a sea fish, partakes much of the delicate qualities of the fresh-water species, and is usually taken at the mouth of rivers. From the delicious flavour of the liver, which is always carefully retained in the fish, it is named the "woodcock of the sea," and is spoiled for the table if not skilfully prepared. It is in best season in the summer, and when taken out of the water is of a beautiful rose-colour, and, to be eaten in perfection, must be cooked immediately. The mullet should never be boiled, or the liver will be lost.

459. *To broil Red Mullet*

Cut off the fins, and remove the gills, gently drawing out at the throat the single thread-like gut without injuring the liver; wash and dry them with a soft napkin, fold them in buttered writing-paper without any seasoning, and broil them for twenty minutes; then serve them in the papers with plain melted butter. They may be fried, if preferred; but are best broiled.

460. *To bake Red Mullet en Papillotes.*

Clean and wash the fish as if for broiling, and fold in buttered papers ; put in a baking-pan with four ounces of butter, a glass of port wine, and a teaspoonful of lemon-juice ; bake for half an hour, then serve the mullet with the gravy poured over.

Grey mullet, an inferior fish, may be dressed in the same way as the haddock.

461. *Sturgeon.*

The sturgeon is a very large fish, with peculiar spikes or rows of bone down the back. It is very common in the northern parts of Europe, and is brought over salted or pickled ; but is rarely caught in England, and only in the spring months. It is therefore costly when brought to table fresh, and is usually cooked without regard to expense ; though the flesh being firm and well-flavoured it may be dressed in steaks or cutlets like the salmon, in a simple mode. From March to August it may be had in the London market, but is seldom seen in the country. *Caviare* is made of the roe of the sturgeon. It is one of the fishes that ascends the rivers to spawn.

462. *To roast a Sturgeon.*

On the occasion of a very large dinner, a small sturgeon may sometimes be procured to roast. It must be washed completely, scaled, the spikes removed, and the inside thoroughly cleansed, then it must lie in salt and water for ten or twelve hours. Then spit and roast it before a clear fire, basting plentifully with butter for half or three quarters of an hour according to size ; taking great care that the skin is not scorched, or the taste of the fish will be offensive ; then dredge it with fine crumbs and chopped parsley, and baste it again for half an hour longer ; then serve it with the crab sauce (No. 63) poured over it.

463. *To stew Fillets of Sturgeon.*

Take three pounds of sturgeon cut into slices of an inch in thickness, dip them for five minutes in vinegar, then dry them, dredge in flour, and fry in oil or butter for ten minutes. In

the meantime put into a stewpan four ounces of butter, one onion whole, a carrot sliced, a bunch of thyme and basil, a sprig of parsley, a teaspoonful of salt, half the quantity of pepper, a blade of mace, and a pint of fish stock, or if not a *maigre* dish, veal stock will be better. Let this simmer for an hour; then strain it, add the juice of a lemon and a pint of Madeira or champagne; put in the fillets of fish, cover the stewpan, and let the whole stew for an hour; then dish it up in the sauce with capers thrown over, and garnished with sliced lemon.

464. *Carp, Perch, and Tench.*

These are all pond fish rather than river fish, and in families at a distance from town are most useful, being always at hand to complete a dinner when no other fish are attainable. They are rarely cooked with much regard to economy, but, as Walton says, "with some trouble and charges." Nevertheless, with a little attention to the cookery, any of these fish may be plainly boiled or fried, to form a very good dish. From May to November these fish are not fit to eat.

465. *To bake Carp.*

Clean, scale, and empty a carp from four to five pounds weight, then make a forcemeat of four ounces of fine crumbs, a teaspoonful of thin lemon-peel chopped fine, a teaspoonful of chopped parsley, a blade of mace powdered, and the usual proportion of pepper and salt, two ounces of butter, and the yolks of two eggs to bind it. Fill the carp with the forcemeat, brush it over with egg and cover with crumbs, then put the fish in an earthen baking-dish with two ounces of butter, half a pint of fish stock, half a pint of port wine, and four anchovies; cover the dish and bake for an hour, then pour off the gravy, and strain it into a saucepan with an ounce of butter rubbed into a tablespoonful of flour, a teaspoonful of mustard, and one-fourth the quantity of Cayenne; when well blended, serve up the fish garnished with lemon, parsley, and horseradish, and the sauce in a tureen.

466. *To stew Carp, &c.*

Scale, gut, and wash the fish, putting aside the roe; put it into a stewpan with a quart of water, or stock, half a pint of

port wine, an onion, four cloves, two blades of mace, a dozen black peppercorns, and a teaspoonful of salt, a small bunch of herbs, and a large teaspoonful of scraped horseradish ; cover the pan close, and let it simmer an hour and a half over the fire ; then pour off the liquor, and strain into a saucepan, adding three ounces of butter rolled into flour, a quarter of a pint of cream, and two teaspoonfuls of lemon-juice ; dish up the fish, pour the sauce over it, and serve with the roe fried, sippets of bread, and sliced lemon. *Perch* and *tench* may be stewed the same way.

467. *To fry Carp, &c.*

Clean and empty the fish, dry them well, and dredge with flour ; then fry in abundance of oil or lard, drain, and serve them with anchovy sauce, garnished with the roes fried separately, and fried sippets. *Tench* and *perch* the same way.

To broil any of these fish, they should be dipped in oil or clarified butter, and lightly dusted with salt and pepper before they are placed on the gridiron.

468. *To fricassee the Roes of Carp.*

Take six roes, and put into a stewpan with four ounces of butter, twelve small mushrooms, half the juice of a lemon, and a small faggot of sweet herbs ; stew for a quarter of an hour, then add a glass of sherry and a teaspoonful of salt, with half the quantity of white pepper, and a teaspoonful of chopped parsley ; in five minutes more put in two tablespoonfuls of cream and two ounces of butter rolled in flour, and serve with the sauce poured over.

469. *Pike.*

The pike is a large, coarse, and dry fish, which, though sometimes boiled according to old-fashioned receipts, is thereby rendered still more insipid and untempting. To render it fit for the table, it should be baked, stewed, or roasted with forcemeat stuffing, or much seasoning ; and as it requires the addition of gravy, it is rarely cooked as a *maigre* dish.

470. *To roast a Pike.*

Clean it thoroughly, but do not scale it ; soak it for half an hour in vinegar and water to remove the muddy taste ; dry the

inside and fill it with forcemeat, prepared as for veal (No. 195); only, if intended for a *maigre* dish, use butter instead of suet; sew up the fish, dredge it with flour, spit, and roast it, basting plentifully with butter, and taking great care that the skin is not burnt. It will require an hour or more to roast it, according to size; serve with gravy over it, horseradish round, and anchovy sauce.

471. *To bake a Pike.*

Empty, wash, and drain the fish, fill it with oyster forcemeat, truss it with the tail in the mouth, put it into an earthen baking-dish with a pint of good beef gravy, or, if *maigre*, four ounces of butter, dredging the pike well with flour and a teaspoonful of salt; cover the dish with buttered paper, and bake for an hour, or longer if the fish be large; then thicken the gravy with flour and butter, a tablespoonful of capers, and a glass of sherry; boil all together and serve with the pike, part in a tureen, the rest poured over the fish, and garnish with sliced lemon.

472. *To stew Pike in fillets, not maigre.*

Cut about three or four pounds of pike in fillets, and one pound of ham, and fry in oil or butter, with two carrots, one turnip, one onion, all sliced, and a bunch of parsley. Do not fry them longer than five minutes, as they must not be brown; but transfer them to the stewpan, with a teaspoonful of salt, four cloves, a blade of mace, and a drachm of Cayenne pepper. Pour over a pint of strong stock, and let the whole stew gently for an hour; then add a dozen small mushrooms, two ounces of butter rubbed in flour, and half a pint of cream, and let all simmer for ten minutes longer; then arrange your slices of fish on the dish, garnish with turnips mashed in cream, strain the gravy, and send it in over the fish, and in a tureen; or serve the fillets in a sauce *maître-d'hôtel* (No. 54).

473. *Eels.*

Eels are considered a delicacy in London and on the banks of the Thames, where the fish is found in the greatest perfection. They are not so highly regarded in the provinces, especially in the north of England; but the silver eel, about

an inch and a half in diameter, bright in colour, fresh and lively, just taken from the water, is a most dainty fish, according to Izaak Walton, and may be cooked in many ways to afford variety to the table. The most effectual way to kill the eel is to divide the spine behind the head, without cutting it, from the body; and it should then be immediately skinned by first cutting the skin round below the gills, then, passing a skewer through the head, to secure a hold with one hand, grasp the skin tightly with a rough cloth just below the incision, and it may be easily drawn off without injuring the flesh.

474. *To boil Eels.*

Empty and skin small eels, take out the bone, dry and flour them, put them in a pan with as much cold water as will cover them, a blade of mace, half a lemon sliced, a small bunch of parsley, two teaspoonfuls of salt and one of white pepper. Let them simmer for half an hour, then take them up gently with a slice, and serve with parsley, butter, and a garnish of sliced lemon or cucumber.

475. *To roast a large Eel—Izaak Walton's receipt.*

After gutting and skinning, "wash him not, give him three or four scotches with a knife; and then put into his belly, and into these scotches, sweet herbs, an anchovy, and a little nutmeg grated; cut off the head, and tie up the throat; then tie him to a spit and roast him leisurely, basting with butter, and serve in his own gravy."

476. *To bake a large Eel.*

Clean and skin a large eel, cut off the head, fill it with shrimp forcemeat (No. 201), dredge it with flour, and curl it round in a baking-dish; put to it three ounces of butter, a pint of water, and half a pint of sherry; let it bake for three quarters of an hour, then take the scum off the gravy, strain it, serve with the fish for sauce; garnish with sliced lemon.

477. *To fry Eels.*

Skin and gut them, wash them well in cold water, cut them in pieces four inches long, season them with the usual quantity

of salt and pepper, dip the pieces in the beaten yolk of egg and fine crumbs, and fry well in plenty of lard or oil ; drain them well before the fire till dry, then serve on a napkin with parsley butter ; and garnish with fried parsley.

478. *To fry Eels à l'Italienne.*

This method of frying the delicate fish is called by the Italians *colone*, and is in much reputation as a Lenten dish. Cut the eels into pieces of three inches, enclose each piece between two laurel-leaves, and fry in a large quantity of oil. They must be eaten with fresh lemon-juice over them. English prejudice would reject the laurel-leaves, which are said to improve the flavour of the eel, and probably the oil and lemon neutralize the baleful properties of the shrub.

479. *To broil Eels en marinade.*

Slice a carrot, an onion, and a shalot, and fry them in butter, with a bunch of parsley ; then put them in a stewpan with a bunch of herbs, a pint of water, half a pint of port wine, and a quarter of a pint of vinegar ; add a teaspoonful of salt, a dozen corns of black pepper, and four cloves ; stew this for an hour, and then strain the liquor, which is called a marinade, and may be used for stewing other fish ; skin and cut the eels into pieces of four inches long, and stew them for half an hour in the marinade, then take them out to cool, and put by the marinade. When the pieces of eel are cool, dip them in egg and crumbs, then in clarified butter and crumbs, and broil them of a delicate brown. Serve them with anchovy or oyster sauce.

480. *To stew Eels.*

Clean and cut up the eels as for frying, put the pieces into a stewpan with a bunch of herbs and two onions fried in slices. Cover the fish with port wine, and stew for twenty minutes ; then add two dozen small mushrooms, an anchovy, the usual seasoning of pepper and salt, a drachm of Cayenne, and two cloves, two ounces of butter rubbed into flour, and a tablespoonful of lemon-juice ; simmer for ten minutes longer, then serve with the sauce, garnished with sippets of bread and crawfish.

481. *To fricassee Eels.*

Skin, clean, and cut up four pounds of eels, and put into a stewpan with pepper, salt, and Cayenne, as in the former receipt, a bunch of herbs, the same of parsley, an onion stuck with four cloves, and two dozen of oysters; cover the eels with half a pint of sherry and half a pint of water, and stew for an hour; then take out the eels, strain, and thicken the sauce with a quarter of a pint of cream and two ounces of butter rolled in flour, and pour it over the fish. Garnish with horseradish.

482. *Spitch-cocked Eels.*

Split open the backs of the eels after they are skinned, and remove the backbone; then cut them in pieces about four inches long, which rub over with flour. Mix half a pint of fine bread-crumbs with pepper and salt, a drachm of Cayenne, a tablespoonful of chopped parsley and eschalot, and half as much thyme. Dip the fish in egg, then in the seasoned crumbs, and fry them in abundance of oil or lard; drain, and serve on a napkin with shrimp sauce.

483. *Lampreys.*

The lamprey, a delicate fish, well known as a luxury in ancient and modern days, is commonly stewed or potted. It must be cleaned from the slime with salt or wood-ashes, the head, tail, and gills removed; it must be opened and carefully emptied, the cartilage that runs along the back must be removed, and as the fish has no bones, it may then be stewed like the eel in rich gravy, of which wine forms a large part. They may be made into pies like the eel, but are much too rich to be wholesome diet.

*SHELL-FISH.*484. *Lobsters and Crabs.*

The lobster, which is in good season from September to June, should be bought living, and plunged into boiling water in which a good proportion of salt has been mixed, which

destroys life immediately. It must continue to boil, according to size, from twenty minutes to an hour. The crab should be boiled in the same manner, but little more than half the time is necessary.

485. *To send up Lobster cold.*

Take off the large claws, and crack them lightly without bruising the flesh ; lay open the tail with a sharp knife, and dish up the fish neatly on a napkin. Garnish with parsley.

486. *To dress Crab cold.*

Two crabs must be opened and all the soft creamy part taken out on a plate ; add to it the white meat from the claws ; mix the meat well with a tablespoonful of mustard, two tablespoonfuls of vinegar, a teaspoonful of white pepper, and half a saltspoonful of Cayenne. Then wash and clean one crab-shell and put all the meat into it and serve, garnished with parsley and the small claws.

487. *To stew Lobster or Crab.*

Take out the white and red meat of two lobsters or crabs, cut it into squares, and put it into a stewpan with four ounces of butter, a tablespoonful of mustard, the same of vinegar, a teaspoonful of mixed salt and pepper, and a pinch of Cayenne. Let it simmer for ten minutes, then add two glasses of sherry, and simmer five minutes longer ; serve it with sliced lemon.

488. *To butter Lobster.*

Pick the meat from two lobsters, and put into a stewpan, minced, with a teaspoonful of salt and pepper mixed, half the quantity of grated nutmeg, two teaspoonfuls of vinegar, and two glasses of white wine. As soon as it is heated, add two ounces of butter rubbed in flour, and mixed with a quarter of a pint of cream ; let all get well blended with the fish for ten minutes ; then clean the shell of one lobster, split in two from the head to the tail ; put the shells on a dish, and fill them with the buttered lobster. Garnish with lemon and sippets of bread.

489. *To scallop Lobster or Crab.*

Cut the shell of the lobster in two, without breaking; then take out the meat of two lobsters; cut it into small pieces, and warm it in a stewpan with two ounces of butter, a teaspoonful of salt and pepper, a tablespoonful of Chili vinegar, a blade of mace, pounded, and two large tablespoonfuls of fine bread-crumbs; let it stew ten minutes, then turn into the shells, and cover the meat with breadcrumbs and thin slices of butter, and brown in a Dutch oven or with a salamander. *Crab* may be scalloped the same way, and served in the crab shell, or many prefer to send either to table in scallop shells.

490. *To bake Lobster, not maigre.*

Take all the meat out of two lobsters; do not chop it, but mix and lay it in a scallop shell; pour over it half a pint of beef stock, half a pint of port wine, salt, pepper, and cayenne, as for scalloping; strew over it a teaspoonful of finely-minced parsley and half a dozen minced mushrooms. Cover with crumbs and slices of butter. Bake for a quarter of an hour, and serve in the scallop shell.

491. *To pot Lobster.*

The hen lobster is the best for potting; it should be well boiled, and, when quite cold, all the meat from the inside should be taken out, and pounded in a mortar, with a proportion of one ounce of butter, a blade of mace, and a teaspoonful of salt and pepper to each lobster, the white flesh from the claws being pounded separately. Butter the potting-pot well, and put in the lobster in alternate layers of the red and white meat; then cover with a little clarified butter, fill up the pots with more clarified butter, which must be poured over them quite cool. A few shrimps pounded with the lobster improve the meat.

Crabs may be potted by the same process.

492. *Gâteaux of Lobster.*

Reduce the lobster to paste, as for potting, with the butter and seasoning as above; then form the paste into small round cakes of three quarters of an inch thick, mingling the red and

white meat ; fry them for five minutes in a great deal of butter, then serve them with rich white sauce.

493. *Shrimps and Prawns.*

Shrimps may be plunged into boiling water mixed with salt and boiled for five or six minutes ; *prawns*, which are larger, will require ten minutes. They are usually sent to table cold, but are liked by some families served hot on a napkin.

494. *To stew Shrimps or Prawns.*

Pick out of the shells as many shrimps or prawns as will measure a quart, and put them in a stewpan with a blade of powdered mace, as much nutmeg, a saltspoonful of salt, and two ounces of butter rolled into flour ; then pour over them half a pint of light white wine, and let them stew for a quarter of an hour, shaking them round, but not using a spoon ; line the dish with toast, and pour out the fish and sauce upon it, and serve hot.

495. *To pot Shrimps.*

Boil the shrimps in well salted water, and shell as soon as cool ; pound two quarts in a mortar, with two ounces of butter, one drachm of Cayenne, a saltspoonful of grated nutmeg, and the same quantity of pounded mace ; when it is quite a smooth paste, cover it with clarified butter, and it will keep some time. This is the common mode of potting shrimps. We think the delicate flavour of the fish is better preserved when they are potted whole. Place them shelled but whole in a potting pot, with the seasoning as above ; press them down, and cover with three ounces of butter, then put them for ten minutes into a moderate oven, take them out and let them cool ; after which cover with clarified butter. This is one of the most agreeable of potted preparations. Prawns are best pounded, as in the first direction.

496. *Oysters.*

Everybody seems to know everything that can be said about oysters,—that they are in season in all the months that contain the letter R, that they are a luxury which all must learn to enjoy, though all shrink from the first attempt to swallow a

fellow-creature alive ; that they are decidedly wholesome ; and that they harmonize with brown bread and butter. It is well known that oysters, combined with a milk diet, are most beneficial in cases where a tendency to consumption exists. Of course they should be eaten with moderation, and are most wholesome raw, with a little pepper only.

When sent to table, they are always opened just before ; the liquor carefully preserved with the oyster in the under shell, and pepper and vinegar added to taste. They are usually offered to each person on a separate plate before or after the soup.

497. *To broil Oysters.*

Open and leave the oyster on the lower shell with the liquor, strew a little pepper into each shell, and place them carefully on a gridiron ; as soon as perfectly hot, serve them in the shells with slices of brown bread and butter.

498. *To fry Oysters.*

Choose large, plump oysters ; open and beard them ; put them into a stewpan with their own liquor only, and simmer for three minutes, then dip them into batter, and fry in a quantity of oil or butter a delicate brown ; add no seasoning, but serve with bread and butter, or round boiled fish.

499. *To stew Oysters.*

Open as many good fresh oysters as will measure a pint unshelled, beard them, and put them into a stewpan with the whole of the liquor from the shells ; add a blade of mace and half a dozen white peppercorns, and simmer very gently for five minutes ; then add a quarter of a pint of cream and two ounces of butter rolled in flour, and continue to simmer for five minutes longer, being very careful not to allow them to boil, or the oyster will become hard. Just before taking from the fire, a large teaspoonful of lemon-juice may be added ; but any addition must be made carefully, lest the delicate and peculiar flavour of the oyster should be injured. Serve with toasted sippets.

500. *To scallop Oysters.*

Open a pint of oysters and put them with their own liquor in a stewpan to heat for five minutes ; then take them out and beard them, strain the liquor, add to it three ounces of butter rolled in flour, and put the oysters in it for five minutes more ; butter a scallop shell and strew it with crumbs, then put a layer of oysters and a layer of crumbs, with thin slices of butter over them, till the shell is filled ; cover it with crumbs and slices of butter, and pour the liquor over, then brown in a Dutch oven and serve. Seasoning may be added, if preferred ; but most epicures like the natural taste of the oyster.

501. *Cockles and Mussels.*

Cockles and mussels should lie some time in cold water as soon as brought in, and the shells should be well scrubbed with a bass broom, changing the water several times to cleanse them from the sand. They must then be placed on the fire in an iron kettle, and as soon as the shell opens they are ready, either to be served in the shells with bread and butter, or to be taken out to dress in various modes. If required to be *scalloped*, they must be cooked after the same receipt as the scalloped oysters ; but the cockles will require more washing, even after being taken out of the shell ; and the mussels must be eaten sparingly, as they are less digestible than any other shell-fish.

502. *To stew Cockles.*

After boiling the cockles as above, take them out of the shells and throw them into a bowl of cold water ; let them lie a few minutes, then change the water ; take them out and put them into a stewpan, then strain the liquor that run from them when boiled, and pour over them ; add a small proportion of pepper and salt, and two ounces of butter rolled in flour, with a tablespoonful of Chili vinegar. Simmer very slowly for ten minutes, then serve with sippets.

503. *To stew Muscles or Mussels.*

Boil the mussels till they open, then remove from each shell any small crab or excrescence you may see on the mussel,

and strain all the liquor from them into a stewpan, with a proportion of four ounces of butter rubbed into flour for every quart of mussels without the shell ; but do not put in the mussels till the butter is melted ; then add them with a spoonful of chopped parsley, a just proportion of pepper and salt, and a spoonful of Chili vinegar, or of lemon-juice ; shake the whole round, and simmer gently for five minutes ; then serve with sippets.



CHAPTER IX.

BEEF.

BEEF is always in season, and always, in England, to be had in prime condition. Against Christmas it is specially fattened up, and may be had in large rich juicy joints; but the meat with so much suet is often too rich for a delicate stomach. It is usually best in winter, because it may be kept long enough to become perfectly tender. Beef is not only the most wholesome, but the most economical meat for a family, and should always have the preference in the large families of the middle classes. To a practised eye it is not difficult to choose good beef. In the first place, the grain should be smooth, rather open, and the lean of a fresh, bright red colour. The fat should look rather white than yellow; if too white, or of a brown or purple cast, the animal has not been naturally fed, and the meat should be avoided. If too fat, it is also objectionable, for the excessive fat in animals, as well as in the human subject, is not the result of health, but disease. In young beef, which is always the most tender, the fibre is elastic, and rises when pressed with the finger. In the ribs of old beef a streak of horn may be seen, harder as the ox is older, and indicative of tough, flavourless meat. The most delicate and best-flavoured beef brought to our markets is that of the Scotch bullock. These animals are small and well shaped. Drovers of them are annually brought from Scotland in a lean condition, and rapidly fattened in the rich pastures of Lancashire and Yorkshire, when they are killed in a healthy state.

The prime pieces of beef are the knightly sirloin; the ribs, called in the north the *crop*; and the rump, or round. Of these, the two first are most commonly roasted, as well as the upper part of the rump; the lower, or silver side of the rump,

the entire round, the aitchbone, the brisket, and the shoulder, are best for boiling or stewing. Rump steaks are considered the finest; but a most delicate and tender steak is made sometimes from the inside or fillet of the sirloin.

To render beef tender, it should be hung up as long as the weather will allow it with safety; and if intended for boiling, is usually rubbed over with a little salt, and must be previously examined, the kernels removed, and salt inserted between the joints, and in warm weather it should be carefully examined and dried with a cloth daily.

504. *To roast a Sirloin of Beef.*

In the last few years there have been many new inventions for roasting meat with economy of fuel or of material; and doubtless, where several dishes have to be made ready before one small fire, these may be useful. The objection to many of them is, that they communicate to the meat a taste as if baked, and we do not therefore object to the smoke-jack and spit, or the useful bottle-jack, though these require much attention and a regular and clear fire. There is also a diversity of opinion respecting the preservation of the gravy, modern professors asserting that the meat should be placed at first *near* the fire, to harden the surface, and thus keep the juices from escaping. The old mode was to place the spit at a considerable distance from the fire, and gradually to bring it nearer. We are not yet converted to the belief that the hardened surface gives us the best roast beef; we prefer a careful attention to the following plan. Have a clear, good fire, of a height proportioned to the size of the joint, and not likely to need mending while the meat is before it. Then having removed the sinew along the bone, and trimmed the meat neatly, spit it firmly, that it may be well balanced, and place the spit about twelve inches from the fire; have melted in the dripping-pan a few ounces of butter, or fresh beef-dripping, and baste it profusely till the surface is well coated, then draw it back an inch or two, and continue to baste it with the dripping that comes from it incessantly. When half done, draw it *again* nearer, and dredge lightly with flour, continuing to baste, and five minutes before it is taken up sprinkle it with a little salt. The usual time for roasting is generally calculated at a

quarter of an hour for each pound of meat, a little longer will be necessary if the meat be solid or the weather be cold ; a meat screen should always be used to prevent the waste of heat.

When the meat is dished, a little hot gravy should be poured over it, and tufts of scraped horse-radish placed round the dish.

The fillet may likewise be roasted separate from the sirloin,

505. *To roast the Ribs, or Crop of Beef.*

For a very large party only, the whole of the ribs are roasted. The four middle ribs are accounted the most delicate, and usually selected for the roast. When once spitted or hung before the fire, unremitting attention is necessary, as scorched meat is wholly spoiled ; no after cure can remove the disagreeable taste. The ribs may be roasted in the same way as the sirloin, and if young, fresh, well fed beef, are often preferred to that joint. The ends of the ribs should be sawed off before the beef is put down, and it must be dredged with flour as soon as the gravy appears. The ribs are dished up in the same way as the sirloin.

506. *To roast part of the Rump, or of the Round.*

When it is desirable to roast a solid part of beef, the chub end of the rump, boned and rolled up like a fillet of veal ; or the upper part of the round, separated from the silver side, is usually selected ; the lower part with the udder, is often salted for boiling. The roasting parts must be bound with tape to keep the outer fat in proper position, and roasted before a clear fire. These solid pieces will require at least twenty minutes for each pound of meat, to roast them well.

507. *To boil a Round of Beef.*

It is always necessary that beef for boiling should be more or less salted to remove the insipidity consequent on the extraction of the juices by boiling. At the least it should have been rubbed and covered with salt for some days ; the different modes of preparing it by pickling or salting follow.

Supposing the round of beef to be properly salted, the next process is properly to boil it, or rather *not to boil it* at all, if you do not wish to obtain the hard, rough, indigestible mass

which our ancestors called boiled beef, and which is still used among the careless or ignorant.

The beef must be put first into cold water and carefully washed, the bones taken out and the places filled up by part of the fat, or mixed parsley and herbs; it must then be rolled and skewered with the flap round the whole, bound by tape, then covered with a thin cloth, put into a large kettle, and entirely covered with cold water. The kettle must be covered and set over a slow fire, to allow the meat to cook gradually. The scum must be removed as it rises, but the water must never boil fast or the meat is spoiled; it must simmer slowly, and a large piece requires to be turned over once or twice during the process. After it has been on three or four hours, you may add some sliced carrots; turnips are spoiled if boiled with salted meat. The time required to cook boiled meat is at least twenty minutes for each pound of meat, that it may be perfectly tender. The liquor in which it has been boiled must be kept for the foundation of soup, when cold, and the fat removed from it. If the beef be served hot, it should be accompanied by mashed turnips, and garnished with sliced carrot. If sent in cold, horse-radish is the proper garnish.

The rump, edgebone, or aitch-bone, buttock, and brisket may be salted, boiled, and served in the same way.

508. *To salt Beef to eat immediately.*

In great emergency, and if the piece of beef does not weigh more than six or eight pounds, you may rub it well with salt, bone, and fill up the interstices with salt, flour it, tie it in a cloth and boil as above. It must be put at once into hot water to keep in the salt, and will taste very well when brought to table; but the liquor must not be kept as it would not be fit for soup after the cloth had been boiled in it.

509. *To salt Beef.*

In the first place the beef must be brought in quite fresh, all the kernels must be taken out, or the meat cannot be made to keep; then take bay salt mixed with one-fourth of moist sugar, and an ounce of finely powdered saltpetre to four pounds of the salt and sugar. When well mingled, first sprinkle some over the beef, and place it in an earthenware dish, in a cool

place, for twenty-four hours. Then rub it plentifully with the mixture, fill up every crevice, and set it by, covered with salt. Turn it every day, and wash it in the brine that runs from it. It may be used in a week, but will keep twice the time in this mixture ; or, if wanted to keep much longer, use the following pickle.

510. *To pickle Beef.*

To four gallons of water put six pounds of bay salt, one pound of unadulterated moist sugar, and four ounces of saltpetre ; boil the pickle for half an hour, skimming it the whole time ; then turn it out into a deep stone pickling-pot, and allow it to become quite cool ; take out of the meat all kernels, sinews, and pith, and immerse it completely in the pickle, turning it every day. The meat may be preserved in cool weather two or three weeks in this pickle, which may be used repeatedly, but will require to be occasionally boiled up with additional salt.

511. *To prepare Hung Beef.*

Hung beef, as it is called, is always one of the household stores of the north of England, and, if carefully prepared, is an excellent breakfast relish, and, when eaten in small quantity, may be harmless ; but, like all dried and salted meats, is by no means nutritious or digestible. The best parts for hanging are the buttock, or the thick flank. The ribs are sometimes used, but as the bones must be first extracted, this part is not so easy to cure as the solid pieces. Hang up the meat for two or three days that it may become tender, then prepare a pickle of two pounds of bay salt, four ounces of powdered saltpetre, and half a pound of moist sugar, rub the beef thoroughly with the pickle, and place it in the pickling-pot ; take it out every day and continue to rub it with the brine that flows from it for a fortnight, then take it out and drain it for an hour, wipe it quite dry, and hang it up to the ceiling of the kitchen, or if you choose to smoke it, in the mouth of a brisk oven. In a fortnight it will be dry, and will keep for months. It is usually dressed by cutting off a neat piece to boil, or by broiling slices on the gridiron. When boiled, it is always eaten cold, and is sometimes served at breakfast grated, or in shavings.

512. *To bake a Round of Beef.*

There are many different modes of dressing the round of beef, which, in the north of England, is the standing *piece* of the side table at Christmas. In all cases it is usually salted for at least ten days or a fortnight before it is cooked. You must have an earthenware stewing-pot large enough to contain the beef to be cooked. First put the meat into cold water for an hour to draw out part of the salt, then dry it well, and make four or five incisions through the upper surface with a round, thick skewer or sharpening steel; fill the openings with finely-minced fresh parsley, season with pepper and a little mace; fill all the openings in the surface with the same mixture, then bind the round in form, put it in the stewing-pot with from one to two quarts of water, according to size; cover the meat entirely with shredded suet, then put common brown bread paste over the stewing-pot, and put it into the oven, where it must bake from six to eight hours, if from eighteen to twenty-five pounds weight; take it out of the gravy, which will make good salt stock, and let it remain to be cold. The meat will be prettily marbled with the green parsley, and makes an excellent hunter's breakfast-dish. It should always be garnished with fresh parsley; and, when removed from table, be kept with the cut side down, that the gravy may settle to it.

513. *Spiced Beef.*

A very small round of beef of sixteen or eighteen pounds weight, or that weight of a large round, bound into a neat form, may be spiced for eating cold. The beef must have been previously salted, then washed in cold water, and rubbed dry. Take half an ounce of black pepper, half an ounce of mace, two drachms of Cayenne, one nutmeg grated, and twelve cloves pounded. Rub this well into the meat in every part, and let it lie twenty-four hours; then put it into a stewing-pot of earthenware with three sliced fried onions, two sliced carrots, two sticks of celery chopped, and a small bunch of parsley; pour over it a quart of water or stock, and cover the dish; put it into a moderately heated oven, and let it bake six hours. It must not be cut till cold. The gravy in which it has been stewed, when strained, makes an excellent foundation for soup.

514. *To stew a Rump of Beef.*

Cover the beef well with salt, and let it lie three days, then wash off the salt, dry the beef, and rub over it an ounce of pepper, and a quarter of an ounce of Cayenne ; cut open the middle of the beef, fill it with a rich veal forcemeat, then bind it into form and put it into the stewing-pan with a quart of stock ; let it stew four or five hours, then take it out and dish it up to be eaten cold.

515. *To stew a part of the Rump.*

Cut a neat piece of eight or ten pounds weight, and sprinkle over it two ounces of salt, one ounce of white pepper, one drachm of Cayenne, one blade of mace, and four cloves, finely pounded ; put it into a stewpan with one large onion fried in slices, one stick of celery cut in dice, two carrots sliced, a few sprigs of parsley, thyme, and marjoram, and half a dozen mushrooms ; pour over these one quart of strong stock, and one tablespoonful of vinegar, and let it stew three hours ; then take off the scum, and add a pint of port wine ; let it simmer half an hour longer, then serve it up in a deep dish with the gravy strained over it, and garnished round with turnips, carrots, and beetroot in dice. This is a most excellent dish.

516. *To stew a Brisket of Beef.*

The brisket of beef is always best stewed or collared. Take about ten pounds with the hard fat, and put it into your stew-pot covered with cold water ; throw over it two ounces of salt, and let it reach the boiling point, then remove all the scum, and add a large onion, a sliced carrot, a bunch of herbs and parsley, a good stick of celery, and a dozen peppercorns, and let it continue to simmer for four hours, skimming off all the fat as it rises ; then take out the flat bones, and dish up the meat ; take a pint of the soup, clear of fat or herbs, and mix with it a teaspoonful of made mustard, a quarter of a teaspoonful of Cayenne, a tablespoonful of Worcester sauce, and a glass of port wine ; heat this sauce, and pour over the beef. Garnish with green and red pickles, and strew capers over it. If put under a weight when hot, this piece of beef will cut well for sandwiches when cold.

517. *To roll or collar the thin Flank of Beef.*

About twelve pounds of thin flank will make a good roll of beef. It must be boned, and skinned, and laid in salt with a fourth part of sugar for a week, turned and rubbed with the brine every day. Then it must be taken out of the salt, washed, and dried. Mix well two large tablespoonfuls of finely chopped parsley, with one of fine herbs; add a dozen cloves finely pounded, a drachm of Cayenne, a quarter of an ounce of mace, and half a nutmeg grated; mix the spices well with the herbs, and strew the whole equally over the under side of the meat. Then roll it up in a bolster form, and bind it tight; tie it up in a cloth, put it into plenty of cold water, and let it simmer slowly for six hours. Take it out of the cloth and put it into a tin frame or mould, with a weight on the top, and let it stand to be cold. This is a very excellent and handsome dish. It should be sent in garnished with parsley.

518. *Beef à la mode.*

This favourite dish of the English is, as its name imports, a French invention; one of the successful attempts of that nation to avoid the roast beef, and the still more abhorred boiled beef of old England. Dr. Kitchener's receipt, with some little improvements, is one of the best we have tried for this now common dish. Take eleven pounds of the mouse buttock, cut it into pieces of a quarter of a pound each, add a thin lardoon to each piece, fry it for ten minutes in butter with two sliced onions, then transfer the meat and onions to the stew-pan, dredge them with flour, cover by degrees with boiling water, stirring it and removing the scum; add to it a calf's foot split in two, let them simmer for an hour, then add a tablespoonful of salt, two drachms of black pepper, one of allspice, four bay leaves. Let it simmer quietly for three hours more, then dish it with the calf's foot laid on each side, and the gravy poured over it. This is a cheap and excellent mode of cooking beef.

519. *To stew the Shin of Beef.*

The shin of beef is only used for making soup or for stewing, for which it is very good, as the marrow is in great esteem. The

bone should be sawed through in three or four places before it is put into the stewpan, when it must be just covered with cold water, and allowed slowly to reach the boiling point, then add a good-sized onion, a bunch of herbs, a stick of celery, a dozen black peppercorns, a large teaspoonful of salt, and four cloves; let the whole simmer gently for four hours; boil in a separate pan three carrots and two turnips till tender, then cut them into dice to serve with the meat. Take up the meat and strain off a pint and a half of the gravy, thicken it with flour and butter, and add a tablespoonful of Worcester sauce, or a glass of port wine, and pour over the meat; put the vegetables round it.

520. *To stew Ox-Cheek.*

Clean an ox-cheek and soak it in lukewarm water for twelve hours, then take it out, wipe it, and put it into a stewpan with sufficient cold water to cover it, and let it gradually heat till it begins to simmer, throw in a large teaspoonful of salt, and skim it continually for two hours; then add two whole onions with three cloves stuck in each, three turnips quartered, two carrots sliced, a stick of celery chopped up, two leeks, and a bunch of sweet herbs, two bay leaves, a dozen black peppercorns, half an ounce of mace, and a drachm of Cayenne; remove the scum as it rises, and let it simmer two hours longer, then take out the head, cut off the meat, and divide it into neat squares; strain the gravy, thicken a quart of it with butter rubbed in flour, add to it a glass of port wine, and serve it with fried sippets.

521. *To roast a Fillet of Beef like Hare.*

Cut the fillet from the inside of the sirloin neatly in one piece, leaving the fat to roast the joint, then make the hare stuffing or forcemeat (No. 199), spread this on the beef, roll it neatly round, skewer and roast it, basting it well with butter; serve it with strong brown gravy and currant jelly as a second course dish, when hare is not to be had; and if well roasted, and the meat is fresh and tender, it will give great satisfaction.

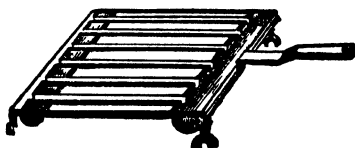
522. *To dress Ox-Cheek to eat cold.*

Take half a head and a cow's heel, clean and soak them in cold water for three hours; then put them both into a pan, and boil

gently for three hours ; take the meat from the bones of the head and the heel, and cut it into small dice. strain the liquor in which it has been boiled, and let it stand to cool that you may remove all the fat completely ; then put the meat and the liquor into an earthenware baking-pan, with a tablespoonful of salt, a blade of mace powdered, and a teaspoonful of pepper ; cover the pan and put it into a moderate oven for two hours, then pour it into moulds and set it in a cool place. It will turn out like jelly, and make an excellent supper dish. It should be garnished with fresh parsley.

523. *To broil Beef Steaks.*

Beef steaks should be cut from a rump that has hung a few days, and should be about three quarters of an inch thick, and trimmed to a neat size for dishing. The fire should be made perfectly bright and clear, and the gridiron be heated, but not so hot as to scorch the meat ; and immediately before the steaks are placed upon it, the bars should be rubbed with fresh mutton suet. Turn the meat to prevent it being scorched, but be careful not to let the fork or tongs penetrate the meat lest the gravy should escape, nor yet must it be pressed or the fibre will be broken, and it will be tough ; about ten minutes



GRIDIRON.

is sufficient for each steak, which should be served on a hot dish the moment it is taken from the gridiron. Do not season the steak before it is broiled, but a little salt may be sprinkled over it just as it is taken up. If properly broiled, no gravy need be added ; but some like a tablespoonful of walnut ketchup or Worcester sauce poured over, or a slice of butter under the steak ; and if desired, minced eschalots may be served round the dish.

524. *To broil Fillet of Beef Steaks.*

The steaks cut from the fillet or inside of the sirloin are considered the most tender and delicate; and French cooks always prefer them to rump steaks. They must be dipped in clarified butter before they are broiled, and are usually served with minced parsley seasoned with Cayenne strewed over them, and a little butter sliced over the dish before the steak is put on it. Be careful not to press the steak.

525. *To fry Beef Steaks.*

Cut rump steaks of the same size as for broiling; dredge them with flour. Have the frying-pan perfectly clean and hot, then put in butter or clarified fresh beef suet, which makes excellent fat for frying; put in the steaks, and turn them frequently to preserve the gravy. In fifteen minutes, if the fire be in proper condition, the steaks will be cooked; dredge them with a little salt and pepper before you take them from the pan; transfer them to a hot dish, pour the fat from the pan, and put in two ounces of butter rolled in flour, and a cup of gravy or stock, and when it has simmered for a minute, pour it over the steaks; sometimes sliced onions are fried to serve over the steaks, or fried potatoes round them.

526. *To stew Beef Steak.*

Take two pounds of tender rump steaks about an inch thick; fry them lightly till brown; then transfer them to the stewpan, which must first be lined with thin slices of ham. Strew over the steaks a dozen black peppercorns, a drachm of Cayenne, a stick of celery chopped in pieces, the red part of a carrot sliced, two small onions with two cloves stuck in each, a sprig of parsley and one of thyme; pour over them as much water as will cover the meat, close the stewpan and let the whole simmer gently for two hours; then carefully take the steaks from the pan, strain the gravy, thicken it with two ounces of butter rolled in flour, and a glass of claret, or tablespoonful of Worcester sauce. Heat these together and pour over the steaks, and serve them with sliced carrots, or mashed potatoes round the dish.

527. *Yorkshire Stewed Steak.*

Take two pounds of steak, lean and juicy, two sliced onions, and a cucumber sliced ; fry the whole in butter till both sides are browned, which will be in ten minutes ; put them into the stewpan with a pint of strong stock, a teaspoonful of salt, a quarter as much Cayenne pepper, and a teaspoonful of made mustard. Stew for two hours, then dish up with the gravy strained over, and sliced lemon round.

528. *Italian Steak.*

This is a most delicious *entrée*. It may be cut from the rump, about an inch and a half in thickness, and from two to three pounds in weight, or you may use the middle rib of the crop. Fry the steak in butter till both sides are browned, then put it into an earthenware baking pan, fry two sliced onions and a bunch of parsley in the same butter, and throw over the steak ; add a stick of celery cut in pieces, six cloves, a teaspoonful of salt, a drachm of Cayenne pepper, and two pickled gherkins. Pour over the steak a pint of broth or stock, and half a pint of port wine. Cover up the pan, and put it into the oven for two hours, then add a turnip and a carrot whole ; and let it stew half an hour longer. Take out the steak into a deep dish, cut the turnip and carrot into dice, and throw over it. Then strain the gravy which will be very rich, and pour over it.

529. *To bake a Steak with Portugal Onions.*

Take three pounds of fillet or rump steak, and fry it in butter till well browned. Put the steak into a baking pan, and pour over it the butter in which it was fried ; then take the outer peel from two large Portugal onions, and boil them till they are tender ; put one of the onions with four cloves stuck into it with the steak, add a pint of good stock, a teaspoonful of salt, a quarter as much of Cayenne, and two tablespoonfuls of Worcester sauce or walnut ketchup ; cover the pan and bake for two hours. Slice and fry the onion left out of the stew, and when you take up the steak into a hot dish, strain the gravy over it and put the fried onions round the dish.

530. *Irish Stew of Beef.*

Take two pounds of coarse beef and cut into small pieces, put them into an earthenware baking pan with two or three small onions, one carrot sliced, two teaspoonfuls of salt, and one of pepper; pour in a pint and a half of water, and let the whole stew in the oven for one hour, then cover the stew with pared potatoes, and restore to the oven; let it remain another hour and a half, when the potatoes will be pulp.

531. *Minced Beef.*

This is a favourite dish for young children and invalids, and is always made in the same way in England.

Take a pound of fresh, tender beef; mince it very fine, taking out every particle of skin and gristle; put it into a stewpan with an ounce of butter, a teaspoonful of salt, and half as much pepper, stir it with a fork, and let it heat gradually and simmer for ten minutes; then add a tablespoonful of brown gravy, and let it remain five minutes more, when it may be served with sippets, or mashed potatoes round it.

532. *Scotch Minced Collops.*

Mince a pound of fresh lean beef and a pound of beef suet as fine as if for sausage meat, season with a full teaspoonful of salt, and half as much pepper. Fry the mince for ten minutes in butter, moisten with a spoonful of gravy or clarified butter, and serve with sippets.

533. *Scotch Minced Collops (Dr. Kitchener's Receipt).*

"This is a favourite Scotch dish—few families are without it—it keeps well, and is always ready to make an extra dish.

"Take beef and mince it very small, add to it some salt and pepper; put it in its raw state into small jars, and pour on the top some clarified butter. When intended for use, put the clarified butter into a frying-pan, and slice some onions into the pan and fry them; add a little water, and then put in the minced collops. Stew them well and in a few minutes they will be ready to serve up."

This may be a useful preparation to take out on a voyage, but

where the beef can be procured fresh, we prefer it to this preserved meat.

534. *To hash cold Beef.*

It is a great trial of the skill of a cook to be able to make up savoury and nutritious dishes from the remains of cold meat. The idle or ignorant housekeeper is content to have a hot joint one day and to eat it cold the next day ; but a little trouble and attention will produce many new and pleasant combinations of cold meat. Beef bears to be cooked twice better than any other meat. The most common form is the hash of cold roast beef.

Fry in butter one sliced onion, and one or two eschalots ; put them into a stewpan with a quarter of a pint of the gravy from the beef, or of good stock, a tablespoonful of flour rubbed into butter, a teaspoonful of salt, and half as much pepper, and a tablespoonful of port wine. Let them simmer five minutes, then put in thin slices of beef without fat or gristle, and let the meat slowly heat, being careful it does not boil, or it would become hard. Then turn it out on a dish with sippets.

535. *To stew cold Roast Beef.*

Cut the fillet of a roast sirloin of beef into pieces about two inches square, dredge them with flour, and fry in butter till they are brown ; then put the meat into a stewpan with half a pint of good gravy, a teaspoonful of salt, half a teaspoonful of pepper, and one anchovy, add a tablespoonful of port wine, and let it simmer five minutes ; then turn out and pour the gravy over, with a tablespoonful of lemon-juice after the meat is dished. Garnish with parsley.

536. *To fricassee cold Roast Beef.*

Put half a pint of strong stock into a stewpan with a small onion and a bunch of parsley shred very small, a teaspoonful of salt, a drachm of Cayenne pepper, and a pickled gherkin sliced ; let it simmer for a quarter of an hour, cut the beef in thin slices free from fat, skin, or gristle, and put into the gravy ; let it heat for five minutes, then add two ounces of butter rubbed into flour, the yolks of two eggs beat into a glass of

port wine, and a tablespoonful of lemon-juice ; shake it about for two minutes, then turn the fricassee into a hot dish rubbed over with eschalot.

537. *To fricassee Beef with Vegetables.*

Slice two small onions, one carrot, one turnip, one beetroot, a stick of celery, and a small sized cauliflower into a stewpan, with a pint of good stock, a teaspoonful of salt, a drachm of Cayenne pepper, and two cloves ; let the vegetables stew slowly over the fire for twenty minutes, then add thin slices of cold beef without fat, and allow the meat to become thoroughly heated ; then take out the meat and put it on a hot dish, drain the vegetables, and place round it and strain the gravy to pour over.

538. *Minced Beef with Mashed Potatoes.*

Mince cold roast beef very finely, leaving out all fat, gristle, or skin ; season it with salt, pepper, Cayenne, and a blade of mace pounded ; put it into a rather deep dish with a cup of good gravy and a tablespoonful of Worcester sauce or walnut ketchup ; put it into the oven for ten minutes to be perfectly heated, then cover it with smoothly mashed potatoes, score the surface neatly, and put some thin slices of butter over it, and brown before the fire in a Dutch oven ; this is an excellent and economical mode of using cold beef. Or make a *timbale* of the mashed potatoes, brown it, and then fill with the mince.

539. *Beef Olives.*

Cut any cold beef into slices of half an inch thick and four inches square ; flatten the pieces and spread over them a force-meat of crumbs, a little suet, parsley and herbs, eschalot, salt, and Cayenne ; roll each piece and fasten it with a small skewer. Put into a stewpan a pint of good gravy, and a glass of port wine ; let it heat, then put in the olives, and in five minutes they may be served up. Strain a little of the gravy to pour over them, and garnish with pickles.

540. *Bubble and Squeak.*

This useful old-fashioned dish is made of cold boiled beef. If the beef has been salted, it will be more tasty. Cut the

meat into thin slices with a very little fat, and fry it very lightly in butter. Have ready a good-sized savoy cabbage boiled without the outside leaves, shred it very small, season it with pepper and salt, and put it into the frying-pan as soon as the meat is taken out, which must be kept hot before the fire. It will take more butter to fry the cabbage, which must be well shaken about till thoroughly done; then spread over a dish and the slices of meat laid upon it. Garnish the dish with pickled cucumbers or walnuts.

541. *Beef Rolls.*

Cold boiled beef may be served *rechauffé* in rolls to make a pretty dish. Cut the meat into neat-sized slices, spread over each slice a mixture of salt, Cayenne, finely chopped parsley, and minced mushrooms or anchovy; then cut very thin slices of bacon, mixed fat and lean, of the same size as the slices of beef, and put one on each with the seasoning between; roll them up and skewer or tie fast. Put the rolls into a frying-pan with a good deal of butter, and fry till brown on all sides, drain them for a few minutes before the fire, and thicken the butter in the frying-pan with a little flour. Let the flour brown, then dish the rolls; put a little of the gravy on the dish.

542. *To roast Beef Heart.*

Soak the heart for twelve hours in vinegar and water; wash and clean it, cut away the lobes, and fill the cavity with a forcemeat of bread crumbs, fat bacon, herbs, parsley, lemon-peel, pepper and salt, with the yolk of an egg to bind it; bind it round and roast before the fire, or in an oven for three hours; serve it with currant jelly. If any remain, it can be hashed like hare, and with a little hare gravy could not be distinguished from it.

543. *Another method of roasting Beef Heart.*

Soak, clean, and stuff it as above; tie it up in a cloth that the stuffing may not escape, put it in a pan of boiling water with the broad part uppermost, and let it simmer for two hours; then take it out of the cloth, and roast it before the fire for two hours longer, basting it continually. Make a gravy of half a

pint of good stock, a quarter of a pint of port wine, a table-spoonful of flour rubbed in butter, and a tablespoonful of currant jelly ; mix and heat in a saucepan, and serve with the heart.

This is the only method to render a heart perfectly tender.

544. *To roast Beef Heart with Sage and Onions.*

Soak, clean, and trim a heart as above ; make a stuffing of two ounces of onion boiled and finely shred, one ounce of shred sage, and three ounces of crumbs seasoned with pepper and salt, and fill the cavities from which you have cut out the lobes ; sew it up and roast before the fire for four hours, basting it much. It must be served with good brown gravy and apple sauce (No. 48).

545. *To stew a Beef Heart.*

Soak, clean, and stuff with the hare forcemeat ; lay it in a baking-dish with a large cup of beef gravy, half a pint of beer, three teaspoonfuls of salt, half a teaspoonful of Cayenne, and one tablespoonful of moist sugar. Slice an onion, a carrot, a turnip, and a stick of celery over it ; cover the dish and let it stew in the oven five hours. Serve it in the gravy.

546. *To stew Beef Kidneys.*

Skin and trim the kidneys, remove the fat, and cut them into thin slices ; let them lie two minutes in cold water, then dry them, dust them over with a good proportion of salt, pepper, and nutmeg, mixed with a little shred parsley ; dredge them with flour, and fry them in oil or butter till quite brown, then put them into a stewpan with half a pint of brown gravy, an ounce of butter rubbed into flour, and a teaspoonful of shred eschalot. Let the kidney stew in this sauce for an hour, then add a tablespoonful of lemon-juice, and turn out into a hot dish garnished with fried sippets.

547. *To broil Kidneys.*

Clean and cut them through the long way, dip them in clarified butter, and sprinkle with pepper and salt ; pass a fine skewer through each piece to keep it from curling up on the

gridiron, and broil over a clear fire from twelve to fifteen minutes ; and serve them, covered with parsley, crisped before the fire in a Dutch oven, and a little brown gravy round.

548. *To fry Kidneys.*

Clean and cut up the kidneys into thin slices, and put them into a pint of champagne or sherry for half an hour ; then mince very finely parsley and chives, season with pepper and salt, and strew over the slices as you take them out of the wine ; fry them for ten minutes in butter, pour the wine into the pan for a minute or two to heat, and serve up immediately on a very hot dish

549. *To stew Beef Palates.*

Beef palates, which require particular care in cooking, make a favourite *entrée*, and are prepared in many different modes. Clean them thoroughly, put in a pan of cold water over the fire, and let them simmer for two or three hours till the skin will peel off ; cut them into slices about an inch and a half broad, and put them into a stewpan covered with rich gravy ; season them with a good proportion of salt and Cayenne, a tablespoonful of grated ham or tongue, two cloves, and a blade of mace ; let them stew from four to five hours ; then add two ounces of butter rolled in flour, a glass of sherry, and a tablespoonful of lemon-juice, and in a few minutes serve with the gravy strained in the middle, and the palates arranged with toasted bread cut in points ; a slice of palate and bread alternately round the gravy, *en couronne*.

550. *To fry Beef Palates.*

Soak and clean the palates, then simmer them in cold water in which two tablespoonfuls of salt have been mixed for three hours ; skin them very neatly and cut into slices ; season them with salt and Cayenne, dip them into butter, then into finely-shred parsley and onion, and fry in butter of a nice brown ; drain the slices, pour over them a little lemon-juice, and garnish with fried parsley.

551. *To fricassee Beef Palates.*

Six palates make a very neat dish for an *entrée*. Soak and clean them, then put on to boil with as much cold water as will barely cover them, with a teaspoonful of salt, the same of sugar, half the quantity of white pepper, a clove of garlic, and a bunch of parsley; add a glass of white wine, and let them simmer three hours; then take the palates out, and skin and cut them into small round slices; strain the liquor in which they have been boiled, and set it on one side; then rub a table-spoonful of flour into two ounces of butter, and put it into a stewpan, stirring it as it dissolves, and gradually adding half a pint of cream, and thin the liquor in which the palates were boiled. Peel two small cucumbers, cut each long ways into four pieces, and take out the seeds; put these into the sauce with two small *boiled* onions and the usual proportion of salt and Cayenne, with a quarter of a nutmeg grated; let the whole boil for a quarter of an hour; then put in the slices of palate, and let them simmer another quarter of an hour; take them out, add a tablespoonful of lemon-juice to the sauce, and pour it over the fricassee.

552. *Beef Palates au Gratin.*

Clean and boil the palates, strip the skin from them, cut them into long slices; make a forcemeat of bread-crumbs, a small slice of ham minced, a sprig of parsley, and an eschalot minced, pepper, salt, and a blade of mace pounded, two or three small mushrooms if to be had, and two ounces of butter; mix it well with the yolks of two eggs. Spread this forcemeat over the slices of palate, and roll each one round, and skewer; then place them round a dish, cover the whole with seasoned bread-crumbs and thin slices of butter, and bake for half an hour.

553. *To stew Ox-Tails.*

Divide the tails into joints, soak them for an hour, boil them for an hour, then take them out and let them cool. They will thus be blanched, and may be put into a stewpan just covered with water; add a saltspoonful of salt, and a very small proportion of Cayenne, four cloves stuck in a small onion, and a

bunch of parsley; let the stew simmer for three hours, then take out the pieces and put on a hot dish, add a tablespoonful of lemon-juice to the liquor, strain it over the tails, and serve with toasted sippets.

554. *To grill Ox-Tails.*

Clean and cut up the tails, put them into cold water, and let them simmer for an hour; then take them out and allow them to cool. Prepare some bread-crumbs seasoned with pepper and salt, and mixed with finely chopped parsley; dip the pieces of tail into clarified butter, and then roll them into the crumbs till they are well covered. Broil them on a gridiron till perfectly browned, and then dish on mashed spinach or mashed potatoes.

555. *To dress Ox-Brains en Matelote.*

Ox-brains *en matelote* make an excellent *entrée*, but much care must be taken to prepare them with scrupulous cleanliness. Every particle of blood, skin, and fibre must be removed, and the brains well washed in cold water. Then put into a stewpan half a pint of port wine, with a small bunch of parsley and herbs, two small onions, a bay-leaf, a teaspoonful of salt, a drachm of Cayenne pepper, and a blade of mace; let these boil for half an hour, put in the brains and simmer for half an hour longer; take out the brains and arrange neatly on a hot dish, strain the sauce over them, and serve with fried onions round.

The brains may be also made into balls and fried like palates.

556. *Tripe.*

Though cheap and principally bought by the poor, tripe is by no means a despicable dish when carefully cleaned and well cooked. It should always be soaked in milk for twelve hours before it is dressed; and should the milk become sour, the true lovers of tripe think the acid flavour an improvement.

The simple mode of dressing tripe is to boil it in neat squares till perfectly tender, and serve with onion sauce.

557. *To fry Tripe.*

Simmer the tripe—cut into neat squares—for an hour in water mixed with one-fourth of vinegar ; take it out, drain and dry, then dip it into a batter of eggs and flour, and fry in plenty of lard or fresh dripping till light brown. Then fry three or four middle-sized onions sliced and ringed, and strew over the pieces of tripe when dished. Make a sauce by pouring into the frying-pan a cup of the liquor in which the tripe was boiled, seasoned with pepper and salt ; let it be well mixed with the fat, then pour round the tripe.

558. *To fricassée Tripe.*

Cut the tripe into pieces of two inches broad and four long, put it into a stewpan, and cover with milk and water, an onion cut into quarters, and a bunch of parsley, and let it stew gently for an hour ; then add a quarter of a pint of cream, an ounce of butter rubbed in flour, the peel of half a lemon ; and season with a teaspoonful of salt, half the quantity of white pepper, and half a small nutmeg grated. Let the tripe simmer gently for an hour more, then take up, strain the sauce over, and serve with boiled rice round.

559. *To roast Tripe.*

Clean and boil the tripe for an hour, cut it up in neat squares, spread over each square a veal forcemeat, roll and skewer it. Then spit the rolls, and roast for half an hour, dredging with flour, and basting profusely with butter. Serve with plain butter, and garnish with sliced lemon. This makes a good *entrée*.

560. *To boil Cow-heel.*

Cow-heel is most nutritious, and may be dressed in the same way as tripe. When well cooked, nothing can be more delicious. It should always be first well scalded and cleaned, and the fat between the claws removed.

561. *Cow-heel au naturel.*

Split and soak the foot for an hour, then put it into cold water, and simmer on the fire for four hours ; draw out the

bones, and serve on a napkin with parsley butter. The water in which it has been boiled will make good and cheap jelly, or excellent stock for soups or gravies.

562. *To fry Cow-heel.*

Clean and boil for three hours, then cut into thick slices, dip in egg, then in crumbs, and chopped parsley, and eschalot well seasoned, and fry in butter till quite brown ; take out the slices and keep hot, and fry sliced carrots to put round ; then put into the frying-pan a slice of butter rolled in flour, a blade of mace, and a spoonful of lemon-juice, and pour this over the heel quite hot.

563. *To stew Cow-heel.*

Clean and split the foot ; boil it for four hours in water in which is mixed one-fourth of vinegar, with two onions, a bunch of parsley and herbs, a bay-leaf, a thin slice of ham, and a salt-spoonful of Cayenne pepper. Take out the heel and bone it ; then put into a stewpan two ounces of butter rubbed into flour, and let it dissolve, straining and mixing with it by degrees half of the liquor in which the heel has been boiled, and a quarter of a pint of sherry ; a tablespoonful of mushroom ketchup may be added, and when all are well mixed put in the heel, and let it stew gently for a quarter of an hour ; take it out and drain before the fire till you thicken the sauce with the yolks of two eggs, and flavour with a tablespoonful of lemon-juice ; then dish up in the sauce.

564. *Marrow Bones.*

Saw the bones even, that they may stand upright in the pan in which they are to be boiled and on the dish on which they are served ; cover the end with a floured cloth tied on firmly, or with coarse paste, and set the bones upright in the pan covered with cold water, and let them boil for two hours. Serve on a napkin with dry toast.

*BEEF TONGUES.*565. *To pickle or salt Tongues.*

The simplest mode of preparing a beef tongue is to cut off the root, leaving a little of the fat; cover it with salt and let it lie on an earthenware dish for twenty-four hours; then pour off all the slimy matter that has drained from it, and rub the tongue well with a mixture of half a pound of salt, half a pound of coarse sugar, and two ounces of saltpetre; turn and rub it every day, and after a week renew the mixture, and continue to rub it for another week, when it will be ready to eat, or, if not required, to be dried by hanging up, or smoked over a wood fire.

If you choose to pickle your tongues, make the pickle of one pound each of salt and moist sugar, and three ounces each of saltpetre and sal prunella; dissolve in a gallon of water in a stone or earthenware jar with cover. Put the tongue into this brine, and take care it is perfectly covered; in a fortnight it must be taken out, rubbed dry, and then hung up to keep, or used out of the pickle, when it is always the best. A dried or smoked tongue should be soaked twelve hours in cold water; but from the pickle, three or four hours is sufficient.

566. *To boil a Tongue.*

Trim and wash the tongue, put it into cold water at such a distance from the fire that it may be an hour in heating; then let it simmer from three to four hours according to size, take it out of the hot water and plunge it into cold water, when the skin can be easily drawn off. If wanted to be served hot, it should be *glazed* over with a jelly of cow's heel or calf's foot, laid on with a paste-brush two or three times till it looks transparent; and then sent in with mashed turnips and sliced carrots.

If a tongue be boiled to send to table cold, it is now usually rolled up as soon as boiled and skinned; the thick put in the middle after it has been nicely trimmed. It must then be bound with tape, put into a tin mould with a weight upon it

for twenty-four hours ; when turned out, remove the tape and put a silver skewer through, and cut it like a fillet of veal.

567. *To roast a Tongue.*

Trim a large tongue, cutting away the root entirely, and put it in cold water over the fire till it boils ; then take it out and skin it, cover it with thin slices of bacon, and stick in it a dozen cloves ; then roast it before the fire for three hours, basting it well. Send it to table hot, with rich gravy sauce round it.

568. *To bake Tongue.*

Parboil the tongue and skin it as for roasting ; trim it neatly, mince two boiled onions, a bunch of parsley, an eschalot, a few chives ; mix with these three tablespoonfuls of fine crumbs seasoned with a drachm of Cayenne, and a blade of mace and six cloves pounded ; spread the seasoned crumbs over the tongue, and cover them with bacon cut as thin as possible. Roll up the tongue with the thick part in the middle, put it into a small baking-pan, cover it with broth or stock, put it into the oven and let it bake slowly from three to four hours. When taken out, put it into the mould and press it till cold. It makes a pretty dish for breakfast or lunch.

If the thin part of a tongue be left uneaten, it should be preserved to grate for seasoning *omelettes* and forcemeats.

569. *To pot Tongue.*

Tongue makes a delicious potted meat when mixed with chicken, partridge, or slices of fillet of veal, which have been well cooked. The tongue should be baked or boiled for six hours, every particle of skin and fibre removed, and being cut up into convenient pieces, must, with equal quantities of the white meat, be pounded with three ounces of butter, a quarter of an ounce of Cayenne, the same quantity of mace, and four cloves. Let the seasoning be well mixed with the pounded meat, and when quite reduced to paste, press it into the potting pots, and cover with clarified butter.

570. *To pot Beef.*

Any well-roasted or boiled beef, free from fat, may be used for potting ; but to have really excellent potted beef, you must

specially prepare the beef for the purpose. Take three pounds of fine rump steak, rub it over with two ounces of bay salt, one ounce of moist sugar, and a quarter of an ounce of salt-petre, and let it lie for twenty-four hours ; then dry and put it into a baking-pan with a blade of mace, two cloves, and one ounce of fresh butter ; cover it with water, tie paper over the pan, and bake the meat four hours. Take it out of the liquor and let it become perfectly cold and stiff ; then cut it into small dice, remove every bit of fat or sinew, and pound it in a mortar with three ounces of fresh butter, a drachm of Cayenne, two cloves, a quarter of an ounce of mace, and half a nutmeg ; when reduced to a smooth paste, press it into pots, and cover them with clarified butter, about a quarter of an inch thick.

571. *To pot Beef-head.*

Soak half a head and a cow's heel in cold water for three hours, and make them perfectly clean. Put them in a pan of cold water over the fire, and let them simmer three hours ; take them out of the broth and let them cool, then cut all the meat from the bones, take away all skin or sinew, mince the meat, remove the fat from the broth, and strain it ; then put the minced meat into a baking-jar, add to it a quarter of an ounce of pounded mace, half the quantity of Cayenne, and a teaspoonful of salt ; pour the broth over it, and send it covered to the oven, where it must bake three hours ; then take it out, pour it into moulds, and let it stand to cool. It will turn out like jelly, and, garnished with parsley, will make a pretty dish for breakfast or supper.

572. *To pot Cow-heel.*

Split and soak the foot for an hour, make it delicately clean ; then set it on the fire in a pan of cold water for four hours, keeping it simmering. Take out the heel, and draw out the bones ; cut the meat into dice and put it into a stewpan, with a drachm of Cayenne, a quarter of an ounce of powdered mace, a teaspoonful of salt, and a tablespoonful of vinegar ; pour over it just sufficient of the broth to cover the meat, and let it stew gently for an hour ; then pour it into moulds, and when cold turn it out, garnish with parsley, and serve it with vinegar and mustard.

CHAPTER X.

VEAL.

GOOD veal is fat, firm, white, and not too large. If the flesh be flabby, if it be discoloured by green or yellow spots, if the vein in the shoulder be not bright red, if the breast or neck have a dusky grey look, and the sweetbread be clammy, the meat should be rejected, as it is, or soon will be, unfit for use. The loin should be examined under the kidney, where it first begins to taint; in the leg, the first part that spoils is where the udder is skewered back, and the skewer should be removed to see that the under part be dry and sweet.

The prime joints of veal are the loin and the leg for roasting; the breast and knuckle make excellent stews, ragouts, and other delicate made dishes; and the head and heels are especially valuable for their nourishing qualities. Every part of the calf is excellent food; the shoulder even, which may generally be bought cheap, is a useful family joint, boiled or roasted. The kidneys, the liver, and the heart, may be prepared to make delicate *entrées*; and for making soups or gravies no meat is so useful as veal. It should always be kept hanging, as the slightest pressure, if laid on a dish, will cause it to taint.

573. *To roast a Fillet of Veal.*

To ensure the leg of veal being untainted, remove the skewer, where the udder lies, every day, wipe it dry and throw in a little salt, removing the kernel from the fat. Cut off the knuckle sufficiently above the joint to make a handsome fillet; take out the bone, and fill the cavity with veal forcemeat, No. 195, adding another layer round the fat; draw the flap round, and bind it firmly with tape. Put it down at some distance from the fire at first, dredge it well with flour, and baste freely

with butter. When half done, cover the fat with paper, draw the veal nearer to the fire, and continue to baste it. If from twelve to fifteen pounds in weight, it will require from four to five hours to roast it well, and if not thoroughly cooked, veal is uneatable. Remove the tape and insert a silver skewer. When you dish up the fillet, pour over it plain melted butter, and garnish with sliced lemon. It is usual to send in a pig's cheek, small pieces of ham, or boiled tongue, with roast veal.

574. To roast a Loin of Veal.

The loin is generally considered the prime joint of veal. It is not usual to stuff this joint, but in some families it is liked. If required, the forcemeat made the same as for the fillet must be placed under the skin, over the ends of the bones. The flap must be skewered down, and a buttered paper put round the joint to prevent the fat round the kidney escaping, and the meat dredged with flour. Baste the meat continually, and a short time before you take it up, take away the paper, that the surface may brown. It will take, according to its weight, rather less time to roast than the fillet. It may be sent up either with melted butter or brown gravy, always accompanied by sliced lemon.

575. To roast a Breast of Veal.

Skewer down the caul till the veal is almost roasted, which will be in two hours, if even a large breast. Baste it well, and be careful to preserve the sweetbread from scorching. Before you take up the veal, remove the caul, dredge and baste till it is well browned. Serve with melted butter and lemon.

Sometimes the sweetbread is taken out, and stewed separately, but it should always be served with the breast.

576. To roast a Neck of Veal.

The best end of the neck of veal is commonly selected for roasting; it is tender and delicate, and is best roasted without the stuffing in it, but with the forcemeat made into small cakes, fried in butter, and served round it. From an hour and a half to an hour and three quarters is long enough to roast this joint, which is sent up with melted butter.

577. To roast a Shoulder of Veal.

The shoulder is not so much valued as any other joint of veal, and may always be bought at a lower price. It is, however, very useful either to stew or to roast for a family. The knuckle should be cut off, a stuffing of forcemeat spread on the under side, and the broad end of the veal turned and skewered over it, or the blade-bone may be quite drawn out and the forcemeat substituted in its place. It must be roasted and served up like the other joints of veal, and especially should be well basted, or the outside will be hard.

578. To boil a Fillet of Veal.

Generally speaking, veal, which is so useful for roasts, is insipid when boiled, and is proverbially condemned. But in families where continual changes are required, any of the joints may be boiled, and rendered sufficiently agreeable by seasoning and sauces. A small fillet of veal, with a good forcemeat, makes a nice dish. It must be bound with tape, and put over the fire, covered with cold milk and water, which must be suffered to heat slowly, and never to boil. The scum must be scrupulously taken off, and in three or four hours, according to size, the veal will be done. A boiled tongue may be served with it, and oyster or celery sauce. Garnish with lemon.

579. To boil a Loin of Veal.

It is very rarely that the whole loin of veal is boiled: the best end with the kidney makes an excellent dish, but the chump, with the aitch-bone removed, and a little forcemeat put in, is a good family joint. It should be boiled in the same way as the fillet, but will require rather a shorter time to cook it, being less solid; parsley butter may be served with the chump, but the best end demands oyster or rich white sauce.

580. To boil a Knuckle of Veal.

The knuckle of veal, which is rich in nutriment, is the most commonly boiled. For soups, gravies, and stews, the knuckle is invaluable. When boiled, it should be put into cold water, with about one-fourth milk, and simmered gently for not less

than three hours, that the gristle may be perfectly tender. It should be served with good sauce, either egg sauce, No. 27, or onion sauce, No. 24, and should be accompanied by a piece of boiled ham or bacon.

The scrag end of the neck may be boiled and served in the same way.

581. *To boil a Shoulder of Veal.*

Cut off the knuckle, and draw out the bones ; sprinkle the under part with salt, chopped parsley, white pepper, and the juice of a small lemon. Roll up and skewer the meat in a neat form, boil it as other joints of veal are boiled in milk and water, removing all scum as it rises, that the colour of the veal may not be spoiled. It should simmer twenty minutes for each pound of meat, and be served with good white onion sauce poured over it.

582. *To stew Part of a Loin of Veal.*

The chump end of the loin, with the bone taken out, is the most suitable part. The cavity from which the bone was drawn must be filled with forcemeat, and bound up with tape into a neat form. Put it into a stewpan with the bone that has been cut out, and half a pound of bacon, sliced, two middle-sized onions, sliced and fried, three or four heads of celery cut up, a small faggot of herbs and parsley, five or six mushrooms, or if these are not to be had, one anchovy, two blades of mace, ten corns of white pepper, and half the thin peel of a small lemon ; cover up with veal stock, and let it simmer gently over the fire for two hours, or half an hour longer if the piece be more than seven pounds weight. Then draw the stewpan on one side, take out a quart of the stock, strain it into a saucepan, add two ounces of butter rolled into flour, and let the sauce simmer ; then take out the veal and put it on a hot dish, with the bacon on each side, and the sauce poured over it.

583. *To stew a Shoulder of Veal.*

Remove the blade-bone from the shoulder, spread it out, and strew over the inside parsley, chives, mushrooms, shred very fine and seasoned with salt, Cayenne, and grated nutmeg ; over

these spread very thin slices of fat bacon ; then roll up and skewer the veal, put it into a frying-pan with a little butter or lard, and brown it ; put it into a baking-pan with as much stock as will cover it, and let it stew in a moderate oven for nearly three hours. Strain and thicken a part of the gravy with flour rolled in butter, dish up the veal, pour over it the thickened sauce, and serve it with sliced lemon and pickled mushrooms round it.

584. *To stew a Knuckle of Veal.*

Put into the frying-pan two or three ounces of butter, and when melted, slice into it two good-sized onions ; then put in the knuckle of veal whole, and turn it over till it is browned. Put the veal and onions into a stewpot with the butter in which they were fried and as much broth or stock as will cover it, and let it stew gently over the fire for an hour. Then add half a pint of fresh green peas, a sliced cucumber, and a lettuce, two teaspoonfuls of salt, and half a teaspoonful of Cayenne ; stew for an hour longer and then serve in the gravy with boiled rice round it.

585. *To stew a Knuckle of Veal, with Macaroni.*

Break the bones of the knuckle, and let it stand in cold water half an hour ; then take it out and put into the stewpan with an eschalot, two teaspoonfuls of salt, one of white pepper, and a blade of mace pounded ; cover it with a little veal broth or water, and simmer for an hour ; then add some rings of macaroni, and let it continue for another hour, when you may add half a pint of cream thickened with a tablespoonful of rice flour, and in ten minutes the stew may be served in the sauce.

586. *To stew a Breast of Veal.*

Take out the sweetbread and boil it gently ; then cut the breast of veal into two pieces, put them into a stewpan with good broth or stock, parsley, an eschalot, and a very small bunch of herbs, two teaspoonfuls of salt, one of white pepper, and half a nutmeg grated, and stew the meat gently for an hour and a half ; then strain off the gravy, thicken it with two ounces of butter rolled in flour, and add a tablespoonful

of lemon-juice and a glass of white wine; dip the sweetbread into yolk of egg, and cover it with crumbs mixed with minced parsley and seasoned with salt and pepper, and brown it in a Dutch oven; serve up the veal in the sauce, lay the sweetbread upon it, and garnish with stewed or pickled mushrooms.

587. *An excellent Stew of Veal.*

Take about four pounds of veal,—the chump of the loin or part of the leg is the best for this stew; put it into a stewpan with one quart of broth, one small onion shred, two teaspoonfuls of salt and one of white pepper, the juice and thin rind of a small lemon, and a tablespoonful of fine moist sugar. Let it stew two hours; then take out the meat and allow the broth to stand till the fat rises, skim it off and strain it into the stewpan, put in the veal, and, as soon as it is hot dish, it up, with the gravy poured over it, and garnished with fresh or pickled cucumber.

588. *Fricandeau of Veal.*

Take a *noix* of veal (that part of the fillet to which the fat or udder is attached), lard it as directed, No. 218, with slips of very fat bacon, and put it into a stewpan with two carrots sliced, two onions sliced, and a small bunch of herbs, mixed, and a sprig of fresh parsley; season the meat with half a teaspoonful of white pepper and half a nutmeg grated; pour in as much stock as will cover the vegetables, and lay the meat over them, uncovered with the liquor. Stew the fricandeau for three or four hours according to size; then strain off the same into a saucepan, and keep the meat in the stewpan, with live embers over the lid, till the sauce is reduced to a glaze; then take and glaze the fricandeau, and serve it on stewed spinach, with part of the sauce round it.

589. *To stew a Neck of Veal with Rice.*

Take the best end of a neck of veal, lard and roast it for one hour; then put into a stewpan with two finely shred onions, a bundle of herbs and parsley mixed, two drachms of Cayenne pepper, half a dozen mushrooms or truffles, a quarter of a pound of rice, and a quart of broth or stock; stew for three-



*Escandau of Veal
 Saddle of Lamb
 Boiled Ham
 calf's Head & cauliflower*

quarters of an hour, then dish the veal, strain part of the gravy over it, and place the rice round it.

590. *To roll a Breast of Veal.*

Remove the gristles and bones, and the thick skin, and flatten the meat and beat it gently; spread over it a seasoning of parsley, eschalot, thyme, and marjoram, chopped very small, a drachm of Cayenne, and a saltspoonful of powdered mace. Have boiled ready two pickled calf's-tongues; skin and slice them to lay over the seasoning, with the meat cut from two boiled calf's-feet upon the tongue; then roll up the veal tight, bind it with tape, and put it into a stewpan just covered with water. Cover the pan, and let it simmer gently for three or four hours; then put the veal into a press, and let it cool.

591. *To stew Tendrons of Veal.*

The gristle of a breast of veal is drawn out and cut into thin slices, which are called *tendrons*. These *tendrons* must first be put into cold water, and stand on a stove for an hour to simmer and blanch. In the mean time make a *roux* of six ounces of butter melted in a stewpan, and thicken by degrees with four ounces of flour dredged into it. Do not let the *roux* brown, but stir it continually, and when quite smooth put in the *tendrons*, and let them stew gently for four hours. When nearly ready, stew some mushrooms in a little white *roux*, and place in the middle of the dish, arranging the *tendrons* round; add a glass of white wine and a table-spoonful of lemon-juice to the sauce, and serve with the *tendrons*.

592. *Veal Cutlets.*

Veal cutlets, so generally liked, should always be cut from the fillet or the neck. Chops only are cut from the loin. They should be free from bone, and should be beaten with a wooden bat, to break the fibre of the meat before they are cooked.

593. *To broil Veal Cutlets.*

Cut them into neat shape, beat them, then dip them into melted butter; season with pepper and salt, turn them fre-

quently and moisten with more butter. They will require a quarter of an hour to broil them, and should be served with good brown gravy and garnished with thin curled slices of broiled bacon.

594. *To fry Veal Cutlets, plain.*

Cut slices of veal from the fillet, about three quarters of an inch thick ; beat them well, dip them into melted butter, and then dredge well with flour ; fry them in oil or butter for a quarter of an hour, then take them out upon a hot dish, pour the butter from the frying-pan, and put in two ounces of butter rubbed into flour, two large tablespoonfuls of stock, a teaspoonful of salt, a drachm of Cayenne, a quarter of a nutmeg grated, and a tablespoonful of lemon-juice ; shake all together for two minutes, and then pour over the cutlets. Garnish with thin slices of broiled bacon.

595. *Stewed Veal Cutlets.*

Cut two pounds of veal into neat cutlets, not too thin, fry them in butter for five minutes to brown them ; then fry a sliced Spanish onion of small size ; line the bottom of a baking-dish with thin slices of ham ; put the cutlets over, and the fried onion, a bunch of parsley, and one of thyme and marjoram, the thin rind of a lemon, and a dozen white peppercorns ; cover the dish and let it stew for three quarters of an hour on the fire, or in the oven ; then dish the cutlets on a hot dish, strain the gravy, and thicken with a slice of butter rubbed in flour ; add a drachm of Cayenne and a tablespoonful of lemon-juice, and pour the gravy over the cutlets. Force-meat balls, fried brown, are often served round the cutlets.

596. *Cotelettes à la Maintenon (entrée).*

These cutlets must be about the size of a crown-piece, and half an inch in thickness ; they must be well beaten and lie in oil or melted butter for half an hour before you cook them. Put into a stewpan a dozen chopped mushrooms, two eschalots, a sprig of parsley shred fine, and a thin slice of ham minced, with a dozen corns of white pepper ; put the cutlets into the stewpan and cover them with strong veal stock ; let them simmer over the fire for half an hour, then

take them out and let them cool, and leave the gravy. Over each cutlet put a thin slice of ham, heart-shaped ; then envelope them separately in well-oiled papers, and fry them gently in the papers for half an hour ; serve them in the papers neatly arranged, standing on the edge round the dish, strain the sauce and pour it into the middle.

597. *Veal Chops.*

The chops should be nearly an inch thick, and should be cut from the loin, and beaten, to break the fibre of the meat. Each chop should be enveloped in a sheet of writing-paper very well buttered, and sprinkled with salt, pepper, and minced parsley. Put them on the gridiron at a considerable height above the fire, so that they may broil slowly, and turn them frequently. They will require twenty minutes to cook them well, and must be served in the *papillotes* with sliced lemon round.

598. *Veal Collops.*

The collops should be cut from the fillet, not more than half an inch thick, of a round shape, about three inches across : they must be rubbed over with an eschalot, sprinkled with salt, and grated over with nutmeg. Dip them in egg and bread-crumbs, fry them in butter for ten minutes, then put them into a stewpan ; pour over as much broth as will cover the veal, one eschalot, a blade of mace, and half the rind of a small lemon, and let them stew gently for half an hour ; then serve them on a hot dish with the gravy strained over them, and fried parsley round them.

599. *Scotch Collops.*

Cut the collops as in the last ; beat them well ; put into a frying-pan two ounces of butter and as it melts dredge into it a tablespoonful of flour ; shake it round for two or three minutes, then put in the collops and fry for five minutes ; put into a stewpan a pint of strong stock, one anchovy, and half a dozen chopped mushrooms ; stew these for ten minutes, then add a teaspoonful of salt, a blade of mace, and half a teaspoonful of white pepper, and put in the collops ; let them simmer for a quarter of an hour, then serve in the gravy with thin slices of broiled bacon curled round them.

600. Scotch Collops (another receipt).

Cut the collops as before, beat them, and grate nutmeg over them ; then cover each collop with a thin slice of fat bacon on each side, and fry for five minutes ; put the veal only into the stewpan with half a pint of veal stock, half a pint of cream, a tablespoonful of rice flour rubbed in butter, and a glass of white wine ; stew for a quarter of an hour, then serve with the sauce over and forcemeat balls round.

601. Veal Olives.

Cut square thin slices from a leg of veal, beat them with a bat, wash them over with beaten egg, put over each piece a very thin slice of fat bacon of the same size, brush more egg over the bacon, then spread over a thin layer of veal forcemeat ; roll up the olives tight and skewer them, brush them again with egg ; then roll them in seasoned bread-crumbs, put them on a lark-spit and roast for half an hour, basting them well with butter ; then serve them with brown mushroom sauce (No. 37), and with sliced cucumber round.

602. Veal Scallops.

Cut two or three pounds of fillet of veal into slices half an inch thick, three inches long, and two broad, and beat them till quite tender ; put four ounces of butter into the frying-pan, and as soon as it is melted, put in the veal and fry for ten minutes, till both sides are brown ; put into a stewpan a pint of strong stock, an onion with two cloves in it, a drachm of Cayenne, and a teaspoonful of salt ; let these simmer for ten minutes, then put in the veal scallops and stew them gently for twenty minutes ; then fry some thin slices of bacon and place them on edge, alternately with the veal scallops round a dish ; strain the gravy, add a spoonful of lemon-juice and a glass of white wine, and serve part in the middle of the dish and the rest in a sauce-tureen.

603. White Collops.

Take two pounds of veal, either the fillet or the flesh of the neck cut from the bones, and cut it up into neat thin slices ;

mix two teaspoonfuls of salt with one of white pepper, and after rubbing each collop over on each side with a sliced eschalot, sprinkle it with the mixture ; then put them into a stewpan with four ounces of butter and shake the pan round till the butter is melted and hot ; let it simmer slowly for a quarter of an hour, beat the yolks of three eggs into a quarter of a pint of cream, add a tablespoonful of lemon-juice, and stir this by degrees into the stewpan, shaking it round for ten minutes ; then serve on a hot dish with spinach round it.

604. *Veal Haricot.*

Take the best end of a neck of veal, trim the bones short and divide it into cutlets ; put them into a stewpan with a pint of rich seasoned brown gravy, and let them stew gently for half an hour. In the mean time stew one pint of young peas, six young onions, and a small cauliflower, in good broth ; when nearly tender, add a sliced cucumber, two teaspoonfuls of salt, and a half a teaspoonful of Cayenne pepper, and in five minutes add the vegetables to the haricot and let them simmer ten minutes together ; then take out the cutlets and dish them with the vegetables round them, and a few forcemeat balls over them.

605. *To hash Cold Roast Veal.*

Every joint of roast veal is useful when cold for excellent *entrées*, or dishes for the children's dinner in a family, and the bones and trimmings for soups, gravies, or sauces. A plain hash of veal may be made by slicing two onions and frying them in butter, and then putting them into a stewpan with half a pint of veal gravy or stock, and a small bunch of herbs. When this has simmered ten minutes, cut thin slices of any piece of cold roast veal, strain the gravy, and return it to the stewpan with the veal, a teaspoonful of salt, half a teaspoonful of white pepper, a quarter of a teaspoonful of grated nutmeg, and the same of grated lemon-peel. Let this simmer for ten minutes, then serve up the hash in the gravy, with sippets of toasted bread round it.

606. *Blanquette of Veal.*

Cut thin slices of a cold shoulder of veal, pare off the brown outside, and mince it to improve the sauce ; put this brown

mince into a stewpan with a teaspoonful of minced chives, one of parsley, a stick of celery chopped, and a small onion ; pour over these a pint of stock, and let it simmer for a quarter of an hour ; then strain the gravy and return it to the stewpan ; add a teaspoonful of salt, half as much white pepper, a blade of mace pounded, and a tablespoonful of lemon-juice ; put in the slices of veal, and in two or three minutes add the yolks of two eggs well beat ; shake the pan round till the sauce is set, but be careful not to let it boil, or it would curdle. Serve it in the sauce, with sippets round.

607. *Fricassee of Veal.*

Cut up the remains of a roast breast of veal into square pieces ; put into a stewpan two ounces of butter, and as it melts, dredge it into a tablespoonful of flour ; add a teaspoonful of salt, a blade of mace, and half the thin rind of a lemon, with a saltspoonful of white pepper ; shake it round till well mixed ; then add a glass of white wine, and when it has simmered five minutes, add half a pint of cream ; in five minutes more put in the veal and take out the lemon ; beat the yolks of two eggs very well, and grate a small quantity of nutmeg into it ; take a tablespoonful of the sauce from the stewpan, and mix gradually with the egg ; then put the whole into the pan, moving it round without using a spoon, and in two minutes dish it up with sliced lemon round.

608. *Gâteau of Veal.*

Line the bottom of an earthenware mould, or potting pot, with thin slices of fat bacon ; then make a layer of slices of veal from a roast fillet, and then a slice of lean ham very thin ; over this sliced hard-boiled yolks of eggs, and alternately veal, ham, and eggs, till the pot is filled, strewing over each layer a seasoning of pepper, salt, and finely-shred parsley ; then pour over the whole a layer of clarified butter, cover it with paper, and bake for an hour in a moderate oven. It may be turned out for cold, or a slice warmed in a stewpan with a little gravy is excellent.

609. *Fricassee of Veal with Sorrel.*

Any delicate remains of cold veal suit for this fricassee; slices of the breast or of the best end of the loin or neck, are best; and they should be wholly free from bone or fat, and cut into neat squares; then take about a pint of fresh-gathered sorrel and a small bunch of chives, blanch them by putting them into boiling water for a minute or two, and then into cold water; slice them very small, and put them into a stewpan with two ounces of butter, a teaspoonful of salt, the same quantity of moist sugar, and half as much white pepper; add by degrees half a pint of cream, stew it gently for half an hour, then add a quarter of a pint more of cream, and the pieces of veal; shake the pan round for five minutes, then add the yolks of two well-beat eggs, and move the pan about for a minute; then dish it, and serve with sliced lemon.

610. *To mince Veal.*

This simple and agreeable dish is at once inexpensive and wholesome, and the meat from any joint of veal is available for it, some people liking even the mixture of a little fat, which we do not however advise. Cut away the meat from the bones, remove all skin and gristle, and those trimmings, with the bones broken up; a little salt and a few peppercorns may be stewed down to make gravy for the mince. When the gravy is sufficiently drawn, strain a pint into a stewpan, with a teaspoonful of finely-grated lemon, a teaspoonful of lemon-juice, and about a quarter of a nutmeg grated; to this add slowly two tablespoonfuls of good cream, and about an ounce of butter rubbed in flour; then put in the veal minced very finely, shake it about in the stewpan for five minutes, taking care it does not boil, and turn it out on a hot dish, lined and garnished with sippets.

611. *To mince Veal with Brown Gravy.*

Put into a frying-pan four ounces of butter, and dredge into it two tablespoonfuls of flour; fry one sliced onion, a bunch of parsley, and a clove of garlic, till brown; then put all into a stewpan with half a pint of brown gravy, two teaspoonfuls of

salt, a drachm of Cayenne, and two cloves. Let this gravy simmer ten minutes, then strain it and return it to the stewpan ; put in the veal, and one glass of port wine, shake it round for five minutes, then serve it with sippets and sliced cucumber.

612. *Scalloped Minced Veal.*

Shred one pound of cold veal, and a quarter of a pound of lean ham or tongue, very fine ; then stew any bones or trimmings of the ham and veal in rather more than a pint of water till the gravy is drawn ; put it into a stewpan with a drachm of Cayenne pepper and a blade of mace, and heat the veal and ham in the gravy for five minutes ; then put the meat into a scallop-shell, cover it with fine bread-crumbs seasoned with nutmeg, put thin slices of butter over, and brown in a Dutch oven.

613. *To boil a Calf's Head.*

It is usual to boil the head without skimming, but it is necessary to remove the hair, which is done by scalding it ; that is, by putting it on the fire in lukewarm water, and taking it off as soon as the water begins to boil. Then, by scraping it with a blunt knife, the hair will easily come off. Wash and dry the head, take out the tongue and brains, which are dressed separately, and put the head into a pan with plenty of cold water over the fire, and let it simmer only, carefully removing the scum for from two hours and a half to three hours, according to size. In the mean time, wash the brains through two waters, clean and skin them, soak them half an hour in cold water, and as long in warm water, with a tablespoonful of salt and a tablespoonful of lemon-juice in it. Boil eight or ten sage-leaves about half an hour, and then chop them with the brains, and put them into a saucepan, with two tablespoonfuls of melted butter and a little Cayenne. Boil, skin, and trim the tongue ; put it on a dish with the brains round it, and dish the head on a separate dish, with brocoli or cauliflowers round it, and accompanied by a piece of ham or cheek of bacon.

Calf's head is uneatable cold, but makes excellent hash ; and the liquor in which it has been boiled should be kept to warm it in.

614. *Calf's Head au gratin.*

Scald, scrape, and prepare the head as in the last receipt ; set aside the tongue and brains, and simmer the head no longer than an hour and three-quarters to two hours ; then take it up, score it lightly, and brush it over with beaten eggs ; cover it with fine bread-crumbs mixed with two tablespoonfuls of finely-shred green parsley, and seasoned with two teaspoonfuls of salt, half a teaspoonful of Cayenne pepper, and as much grated lemon-peel ; put thin slices of butter on the crumbs, and brown the head for half an hour in a Dutch oven ; serve it with broiled bacon round, and the tongue and brains on a separate dish, as in the last receipt. Parsley butter usually is sent up with boiled head.

615. *To roast a Calf's Head.*

Scald, scrape, and wash the head as for boiling ; simmer it for half an hour, then take it out of the water, remove the tongue and the brains, and fill up the head with good veal forcemeat ; close the opening neatly, and roast the head before a moderate fire for two hours, or longer if large. Serve it in its own gravy, but squeeze a little lemon-juice over the head before you send it up, and prepare the tongue and brains as a separate dish.

616. *To bake Calf's Head.*

Prepare the head as for boiling ; boil the tongue separately, boil and wash the brains, and cut into small pieces, as well as the tongue ; then brush the head over with clarified butter, mix some fine bread-crumbs with a sixth part of shred sage and parsley, two teaspoonfuls of salt and half a teaspoonful of Cayenne pepper, and cover the head, filling up the cavities of the eyes with the crumbs and a small piece of butter ; pour over the head a pint of stock mixed with a glass of vinegar, and bake it in a moderate oven for two hours ; half an hour before you take it out, cover the brains and tongue with the seasoned crumbs, and bake to serve round the head ; send it up in its own gravy, with oyster sauce in a tureen.

617. *To collar a Calf's Head.*

Scald the head to take off the hair, wash and dry it, take out the brains and tongue and clean them ; boil the head for an hour, then let it cool ; lay open and take out all the bones ; make a good forcemeat of a quarter of a pint of bread-crumbs, a quarter of a pound of suet, a teaspoonful of chopped parsley, a teaspoonful of chopped sage, a teaspoonful of grated lemon, two teaspoonfuls of salt, a saltspoonful of Cayenne, and as much pounded mace, with the brains and tongue minced ; bind the forcemeat with the beaten yolks of two eggs ; spread this forcemeat over the inside of the head, roll it up tightly, skewer and tie it in a linen cloth, and boil gently for two hours and a half, or three hours ; then serve it hot, with thin slices of broiled bacon round it, and oyster sauce,—or leave it to cool before you unbind it, when a silver skewer may be put in, and it will make a good dish to send to table cold.

618. *To fricassee Calf's Head.*

Clean, scrape, and parboil half a head for one hour ; then cut the meat into pieces about two inches square, and stew down the bones with a tablespoonful of salt, in a pint of good gravy ; put this gravy into a stewpan with an onion, a blade of mace, and a bunch of parsley ; let it simmer for a quarter of an hour, then put in the meat, a dozen white peppercorns, and a quarter of a pint of cream ; keep it simmering for three quarters of an hour ; then take up the meat, strain the sauce, thicken it with an ounce of butter rubbed into flour, and the yolks of two eggs well beat, add a tablespoonful of lemon-juice, and pour the sauce over the head. The brains and head must be boiled separate, cut into slices and served round the fricassee.

619. *Calf's Head Hash (1).*

As this is one of the most useful and important dishes at a large dinner, we give several receipts, all tried and approved. Prepare the head as for boiling, take out the brains and tongue ; then put the head and tongue into a pan of warm water, and simmer for an hour ; take them out of the water, and cut the meat from the head in slices half an inch thick

and two or three inches long ; skin the tongue and cut in into similar slices ; put into a stewpan a quart of rich brown gravy with two fried sliced onions, a bunch of fried parsley, and a small bunch of thyme and marjoram, two or three truffles or morells, six cloves, a quarter of an ounce of mace, a drachm of Cayenne pepper, a tablespoonful of salt, and the thin rind of half a lemon ; let the gravy simmer half an hour, then strain it, put in the meat, let it simmer slowly for an hour, then serve it with forcemeat *quenelles* (as for mock turtle soup) round it.

620. *Calf's Head Hash* (2).

Boil a calf's head as directed by the first receipt, or use any cold remains. Take the best part of the meat neatly from the bone in one piece, brush it over with the beaten yolks of eggs, and cover it with a mixture of seasoned crumbs, sage, parsley, and herbs, and some thin slices of butter, and put it in a Dutch oven to brown before the fire ; then cut the remainder of the head and the tongue into slices. Put into a stewpan a pint of rich gravy, an onion, a bunch of parsley, thyme, marjoram, and basil, one eschalot, two teaspoonfuls of salt, a dozen peppercorns, a saltspoonful of Cayenne, and the liquor from a score of oysters ; boil this gravy for a quarter of an hour, then strain it back into the stewpan ; dredge the sliced meat with flour, then put it in with five or six mushrooms, or a tablespoonful of mushroom ketchup, a score of oysters, and half the brains, beat up with two ounces of butter and a tablespoonful of flour ; let the whole simmer for ten minutes. In the mean time beat up the remainder of the brains with a teaspoonful of shred parsley, as much grated lemon-peel, and a little salt and pepper ; make it into cakes, and fry a light brown in butter. Dish the hash with the browned meat in the middle, and alternate slices of thin broiled bacon, and the brain cakes round it.

621. *Calf's Head Hash* (3).

Take the remains of a boiled head, or boil half a head for the purpose, and cut it up into neat pieces. Prepare the gravy by putting into a stewpan three half-pints of strong veal stock, half a pint of sherry or Madeira, the usual proportion of salt, pepper, and Cayenne, two gherkins chopped small, and a table-

spoonful of chopped parsley ; let these simmer ten minutes, then put in the slices of meat, and the tongue and brains chopped into dice, the yolks of three hard-boiled eggs, and a tablespoonful of lemon-juice. Let the hash simmer very slowly for ten minutes, then serve it in the sauce with sliced lemon, and fried sippets alternately round it.

622. *Calf's Head Hash* (4).

Boil a calf's head according to the first direction, then cut off all the meat in small square pieces ; break up the bones of the head and put them with the trimmings into a quart of veal stock, and stew over the fire till it is reduced and forms a jelly when cool ; put this jelly, when the fat is taken off, into a stew-pan with a good proportion of Cayenne pepper and salt, two teaspoonfuls of mushroom ketchup, one tablespoonful of Chili vinegar, and a pint of Madeira or sherry ; let it simmer for ten minutes ; then put in the head, some *quenelles* of forcemeat, the yolks of four hard-boiled eggs, and a tablespoonful of grated lemon-rind ; stew for ten minutes, then serve with the sauce on a hot dish, with pickled gherkins and fried sippets to garnish.

623. *To roast Sweetbreads.*

Before cooking sweetbreads they are always blanched, that is, they should be put into warm water and set over the fire till the water begins to boil, then taken out of the boiling water and plunged into cold water. This process will render them white and firm. The most simple mode of dressing them is, after they are blanched, to simmer them for twenty minutes, then to dip them in clarified butter, cover them with seasoned bread-crumbs, and roast in a Dutch oven for half an hour, basting them continually with butter, and serving them with parsley-butter, garnished with sliced lemon. Three good sweetbreads make an *entrée*.

624. *To fry Sweetbreads.*

Parboil and cut the sweetbreads into slices, dip into egg and seasoned bread-crumbs, fry them over a gentle fire in plenty of butter for about twenty minutes, till both sides are

brown, then dish them on a hot dish lined with toast ; make a sauce of good melted butter, a teaspoonful of salt, a saltspoonful of Cayenne, two teaspoonfuls of minced parsley, and a tablespoonful of lemon-juice, and pour it over the sweetbreads, or serve with cucumber sauce (No. 39).

625. *To fricassee Sweetbreads.*

Blanch and parboil the sweetbreads in milk and water with a tablespoonful of flour for half an hour ; take them out, dry them well, and let them cool. Put into a stewpan three ounces of butter rubbed into a tablespoonful of flour ; stir it round till it melts, adding to it by degrees a quarter of a pint of veal stock ; add a large teaspoonful of salt, a saltspoonful of white pepper, as much nutmeg, a sprig of parsley and two or three chives ; let the sauce simmer two or three minutes, then stir into it two tablespoonfuls of cream, and put in the sweetbreads ; let them continue to simmer for twenty minutes, then thicken the sauce with the yolks of two eggs well beaten, take out the herbs, and serve the fricassee with sliced lemon and pickled mushrooms round it.

626. *Ragoût of Sweetbreads.*

Blanch and parboil the sweetbreads for half an hour, take them out of the water, dry them, and let them cool, then cut them into slices about half an inch thick, fry them in butter a rich brown,—in the mean time put into a stewpan a pint of rich brown gravy with a sliced onion fried, a sliced carrot fried, a tablespoonful of grated lean ham, a teaspoonful of salt, a dozen peppercorns, and a tablespoonful of mushroom ketchup ; let this sauce simmer a quarter of an hour, strain it and put with the sweetbreads into the stewpan to simmer for five minutes ; then serve it with boiled macaroni or rice round it.

627. *To fry Calf's Liver with Bacon.*

This is a favourite dish in the north of England, though far from being delicate or elegant. Take three or four pounds of fresh liver, soak it for an hour in warm water, then for an hour in vinegar ; cut it into even slices and season each piece with a

mixture of salt, pepper, and chopped parsley. Cut some thin neat slices of mixed fat and lean bacon, fry them lightly, and put on a hot dish before the fire ; then put in the slices of liver and fry with oil or butter till browned on both sides (the liver will require a quarter an hour to fry it); take out the slices and place on the bacon, and throw into the pan two thinly-sliced onions ; let them brown for two minutes, then throw them over the liver ; have some brown gravy hot, and pour over, and serve immediately, with a garnish of sliced lemon.

628. *To roast Calf's Liver, marinaded.*

Take a fresh calf's liver and pour over it a mixture of vinegar and water with a bunch of parsley, thyme, marjoram, and a clove of garlic, and let it soak two hours ; then take it out and dry it gently ; make a deep incision with a sharp knife, and fill the cavity with bread-crumbs, mixed with two tablespoonfuls of shred onions and one of shred sage, two teaspoonfuls of salt, and one of pepper ; roll up and skewer the liver, cover the outside with thin slices of fat bacon, roast it before the fire for an hour, and serve it in its own gravy, with sliced cucumber round it, and a tablespoonful of lemon-juice over it.

629. *To stew Calf's Liver.*

Cut the liver into slices of half an inch thick, cover the slices on each side with thin bacon, and fry for ten minutes ; then put the slices of liver alone into a stewpan with a pint of gravy, a clove of garlic, a sprig of parsley, the rind of half a lemon, a bay-leaf, a small proportion of salt and pepper, four cloves, and a glass of port wine ; stew gently for half an hour, take out the liver, strain the gravy over it, and serve the slices of fried bacon round it.

630. *Calf's Heart.*

The heart may be filled with forcemeat and roasted like beef heart,—it is very delicate when well cooked ; or it may be cut lengthways into slices about half an inch thick, covered with bacon, and broiled twelve or fifteen minutes, then served with the bacon, gravy, sauce, and currant jelly.

631. *Calf's Kidneys.*

Calf's kidneys may be dressed in the same way as beef kidneys, or chopped with a part of the fat, chopped onion and parsley, pepper and salt, moistened with the yolks of eggs, formed into balls and fried brown in a good deal of oil, and served with mashed potatoes or boiled rice.

632. *To friassce Calf's Brains.*

Besides the usual mode of preparing the brains to serve with the head, many *entrées* may be made by stewing them in various sauces. In all cases it is necessary to remove the skin, to clean and soak them in water for two or three hours, to blanch them in boiling water and vinegar, then to put them into cold water. In the mean time put into a stewpan two ounces of butter, six mushrooms, one eschalot, two teaspoonfuls of salt and one of pepper, a quarter of a nutmeg grated, and a glass of white wine; let these stew ten minutes, then strain the sauce and put it back into the stewpan with the brains, a table-spoonful of cream, and the yolks of two eggs well beat; let it simmer a quarter of an hour, then serve in the sauce with fried sippets and sliced lemon.

633. *Calf's Ears.*

Scald and clean four or six ears, boil them till tender; then trim the tips into a fringe, fill them with forcemeat, brush them over with egg, and cover them with crumbs; fry them till brown, then serve with a pyramid of spinach or mashed potato in the middle of the dish, and the ears set upright round.

634. *To pot Veal.*

The best part of the calf for this purpose is the fillet. A few pounds of a cold roast fillet may be put into a baking dish, with two teaspoonfuls of salt, one of pepper, and one of pounded mace. Put upon it two ounces of butter and a glass of water, and let it bake for two hours; then take out the veal and pound it in a mortar, with a little gravy from the baking-dish, till quite smooth; put it in the potting pots, and cover with clarified butter.

635. *To fry Calf's Feet.*

Clean and boil the feet till tender; bone them, cut the meat into neat round pieces, season each piece with salt, pepper, and chopped parsley; then dip into French batter, and fry them light brown. Serve on a napkin, garnished with pickled gherkins.



CHAPTER XI.

MUTTON.

MUTTON is usually considered to be the most digestible of all butcher's meat, and when choice and well cooked is the best meat for invalids. It is in perfection when from four to five years old ; younger than that, it is by no means so wholesome, and older, it is probably hard and tough. The leg and the loin are the best joints ; and the haunch, which is the leg with part of the loin attached to it, if kept long enough, and cooked with great care, is the most approved part to bring to table. The saddle also, which consists of the two loins undivided, is a handsome dish when served roasted at a large dinner.

The best mutton is small-boned, plump, the lean a dark clear, red, the fat firm and white. When pinched, the meat should be short and tender, and should close on the knife when cut. Very young mutton is soft and flabby. If old, the flesh will have no elasticity, and the fat will be stringy. If the meat be pale and the fat yellow, you may suspect the sheep has been diseased.

Take away the pipe that runs up the backbone, inside of the chine or double neck, and the two kernels of fat near the tail, when the mutton is sent in ; and a little salt may be sprinkled inside. Wipe the mutton every day, and it will be necessary to cut off the bloody part of the neck if you want to keep it. In the breast it is safe to throw a little salt over the brisket, which soon taints.

The kernel in the fat of the thick part of the leg should be cut out, and the cavity filled with salt, and it should be wiped every day.

Mutton for boiling should not hang long, or the colour will

not look well; but if for roasting, it should hang as long as it will keep. The haunch especially is not thought fit for the table if it has not been hanging some weeks.

Though mutton may be had good all the year, it is necessary to choose it with great care in the hot weather, from June to August, when the sheep are often diseased.

636. *To roast a Haunch of Mutton.*

To ensure the meat being perfectly tender and delicate, it is desirable to keep this joint as long as possible, and if you have a good larder, it may be preserved with care for four or five weeks in cool weather. Let it be washed frequently with warm milk-and-water, or vinegar, and wiped carefully, and two days before it is dressed it is sometimes soaked in port wine or claret, and rubbed over with pepper and ginger to give it the venison flavour. Saw a few inches from the knuckle, and remove the skin from the loin, wash and dry it well before cooking, lest the outside should have acquired any ill taste; put a paste of coarse meal on strong cartridge paper, and envelop the haunch entirely in it. Put it down a considerable distance from the fire for two hours; then gradually bring it nearer. When it has been down three hours, remove the paper and paste, and baste it continually for three quarters of an hour longer, or, if required to be well done, a quarter of an hour more. Put fringed writing-paper round the shank, and serve it with rich-drawn gravy, No. 3, and currant jelly, or currant-jelly sauce.

637. *To roast a Saddle of Mutton.*

This excellent and handsome joint, the two loins, usually weighs from ten to twelve pounds. It is fit for cooking after it has hung a few days, if prime mutton, as it is the most tender part. It is the duty of the butcher to raise the skin from it, which is then skewered over it again to preserve the juices when roasting. If this has been neglected, cover the fat with writing-paper; let it roast two hours, or a quarter longer if large; then remove the skin or paper, that it may brown lightly. Dredge the meat with flour, sprinkle it with salt, and baste it well, sending it up finely frothed. From two hours

and a half to two hours and a quarter is the full time to roast it. It may be served with currant-jelly or port-wine sauce. Stewed lentils are often placed round it.

638. *To roast a Leg of Mutton.*

A leg of mutton should never be hung less than five days ; if the weather be cold, it should be kept ten days. It may be lightly dusted with flour to exclude the air, but this must be taken off before it is cooked ; when it must be wiped dry before it is put down. It should be put down at some distance from the fire at first, and gradually drawn nearer, and kept continually basted, or it will be spoiled ; sprinkle it with salt and flour before it is taken up. Pour a very little gravy over it when dished, for if properly roasted, the gravy will flow from it as soon as it is cut. If of eight pounds' weight, it will require three hours to roast it well.

639. *To roast a Shoulder of Mutton.*

There is no joint so useful and so common in a family as the shoulder of mutton, which is always attainable at a moderate price, does not require to hang long, and is easy of digestion. An hour and a half is long enough to roast a small shoulder of seven pounds,—longer in proportion to the size. A very nice dish may be made of a roast shoulder of mutton by serving it in onion sauce.

640. *To roast a Loin of Mutton.*

The loin is the most tender, delicate joint of the sheep. It is, however, too fat for roasting, unless it be trimmed into the form called by the butchers the *strait loin* ; the flap, the skin, and the greatest part of the fat being pared away, leaving the joint narrow and neat in form. It should then be jointed, that it may be carved conveniently, if in a family where it is usual to separate the joints rather than slice the meat ; but the most approved way is to cut slices the lengthway, as in the saddle. The fat should be covered with paper till the mutton is nearly roasted : if of a moderate size, an hour and a half will be long enough to cook it. It may be sent in with currant jelly.

641. To roast a Breast of Mutton.

It is usual to dress a breast of mutton in any other way rather than roast it, but if required, it should be sprinkled with salt, and kept hanging for a few days. The superfluous fat should then be cut off, the joints separated, and the bones broken in the middle. It requires less time to roast in proportion to its weight than any other joint of mutton, and one hour will be long enough for a moderate-sized breast. It is often sent in with stewed cucumber.

If roasted to eat cold, sprinkle the meat while on the spit with chopped parsley.

642. To roast a Neck of Mutton.

A neck of mutton roasted is a good family dish, especially for children, as the meat is tender and nutritious. The butcher must cut the bones short, and separate the joints; then take off the scrag-end, which is very useful for broth, and roast the remainder from an hour to an hour and a quarter, carefully basting it. Good gravy is all that is needed with this plain joint, or currant jelly if required.

643. To boil a Leg of Mutton.

In boiling mutton, as well as beef, the greatest care should be taken to bring the water very slowly to the boiling point; after which, to keep it continually simmering, but never boiling. The scum must also be constantly removed as it rises, or it falls down and spoils the appearance of the meat. The size of the boiler should always be, as near as convenient, suitable to the size of the meat, the cover should be kept closed, and the fire at a regular heat.

Wash the mutton, trim the knuckle neatly, and put it into sufficient cold water to cover it perfectly. Take off the scum as it rises, and let it heat slowly to the boiling point; then draw the boiler on one side and let the meat simmer, put in a tablespoonful of salt, which will throw up the scum. After the mutton has been on the fire for two hours, put in a bunch of herbs, a bunch of parsley, two carrots, and two or three turnips. A leg of mutton weighing ten pounds should simmer three hours after the water boils, which should be at least half

an hour in reaching the boiling point. It is usual to send in a boiled leg of mutton garnished with mashed turnip and sliced carrots alternately, and accompanied by caper sauce. The water in which it has been boiled is a good foundation for broth or soup.

644. *To boil a Shoulder of Mutton.*

Choose a moderate-sized shoulder, well grown, but not very fat ; keep it for a few days, then put it in a pan and cover well with cold water, which must gradually heat to boiling, and then simmer, as directed for the leg. It should simmer for two hours, if of seven or eight pounds' weight, and should be sent to table covered with good onion sauce, No. 24.

645. *To boil a Neck of Mutton.*

Though not a very elegant dish, it is very common to boil the best end of a neck of mutton, and make mutton broth of the liquor in which it has been boiled. The mutton should have been kept a few days, the scrag-end taken off, and the remainder put on with plenty of water. After the water boils, it should simmer two hours ; but one hour before it is ready, a bunch of herbs, two onions, and a bunch of parsley should be added. The skin should remain on till the meat is taken up, and may then be taken off, and the mutton served with caper or onion sauce, and mashed turnips and carrots.

646. *To dress a Neck of Mutton like Venison.*

Choose a fine neck of mutton about four years old, cut with the bones long, and let it hang not less than a week. Two days before it is dressed, take a quarter of an ounce each of black pepper, cloves, and all-spice finely powdered, and rub the mutton very well, and let it lie in a flat dish about an inch and a half deep in vinegar ; the next day rub it over again with the mixture, and let the other side lie in the vinegar. Wash off the spices with warm water, and dry the meat thoroughly before it is dressed. Make a coarse paste to cover it, and roast and serve it as directed for the haunch. It will require to be down two hours or more, according to size.

647. *To roast and glaze a Fillet of Mutton.*

Trim neatly the chump end of the loin, cover it entirely with buttered paper, then enclose it in a coarse paste like venison. Roast it for two hours, taking great care that the paste is not scorched, or the meat may be brown. Have ready some French beans, boiled and drained; and when the mutton is taken up, put the beans over the fire to heat in strong brown gravy. Remove the paste from the mutton, glaze it over with strong stock, turn out the beans upon a dish, and serve the mutton upon them.

648. *To dress a Loin of Mutton like Hare.*

Take a loin of mutton that has been kept three or four days; cut away the fat and take out the bones. Make a seasoning of two ounces of salt, half an ounce of black pepper, a quarter of an ounce each of mace, nutmeg, and cloves, all in fine powder, and rub it lightly over the meat. Let it lie for twenty-four hours; then make a forcemeat stuffing as for hare, No. 199; wash the spice off the meat, dry it, and cover with the forcemeat. Roll it up tight, and put it into a baking-dish covered with a pint and a half of stock, and bake for one hour; then take it out and let it cool. When cold, remove the fat from the gravy and put it into a stewpan, thickening it with two ounces of butter rolled in flour, and adding a glass of port wine; put in the meat and let it simmer slowly for an hour; then serve it in the gravy with currant-jelly sauce.

649. *Shoulder of Mutton aux Huitres.*

Put a good sprinkling of salt on a middle-sized shoulder of mutton, not very fat, and let it hang for three days; then mix together half an ounce of black pepper, half an ounce of sugar, and a quarter of an ounce each of pounded mace, cloves, and ginger; bone the mutton, and rub it well over with the spices, then strew over the under part three or four dozen of oysters, and roll it up tightly and skewer it. Put it into a stewpan with an onion, a carrot, and a stick of celery; cover it with good stock, and let it simmer three hours and a half. Take out the mutton, and thicken the broth with two ounces of

butter rolled in flour, the liquor from the oysters, and two dozen more oysters; let it stew ten minutes, then pour over the mutton, and serve it with boiled rice round it.

650. *Stewed Shoulder of Mutton.*

Take out the blade-bone of a shoulder of mutton and line the cavity with veal forcemeat; skewer it firmly, and put it into a stewpan with a pint of strong stock or gravy, one carrot, one turnip, and one onion sliced, a sprig of parsley, a clove of garlic, a bay-leaf, a tablespoonful of mixed salt and pepper, a saltspoon of Cayenne, two cloves, and a blade of mace. Let the whole stew slowly for four hours; then put the meat into a hot dish, strain the gravy, thicken it with an ounce of butter rolled in flour, add a tablespoonful of lemon-juice and a glass of white wine. Shake it a few minutes over the fire; then pour it over the mutton, and serve with spinach or French beans round it.

651. *Breast of Mutton, grilled.*

Rub a little salt over the mutton, and let it hang four or five days; then cut off a great part of the fat, separate the joints, and break the bones in the middle. Put it down to roast before a moderate fire, but do not let it remain longer than three quarters of an hour. Have ready a large cupful of bread-crumbs, a tablespoonful of shred parsley, a teaspoonful of shred cloves, a teaspoonful of salt, and half a teaspoonful of pepper; mix all well together, brush the mutton over with clarified butter, then with egg, and cover it well with crumbs; then grill it on a gridiron, or in a Dutch oven, and serve with *sauce piquante*, No. 45.

652. *Roast Leg of Mutton à l'ail.*

In French and Spanish cookery, garlic is universally introduced, and rarely offends an English taste if prepared by native artists,—our own cooks do not always succeed in subduing the strong taste of the bulb. We are told by modern travellers who have carefully observed the mode of cooking the garlic, that the great art consists in purifying it by boiling in repeated fresh water, as below.

Roast a small leg of mutton as directed in the former receipt,

only insert in the shank three or four cloves of garlic till the meat is cooked. When it is roasting, peel as many heads of garlic as will make a good dish ; divide the cloves of the bulb and put them in a saucepan over the fire in plenty of cold water ; let the water boil for five minutes, then pour it off and renew with fresh for the same time ; continue this five or six times, when the flavour of the garlic will be delicate ; then drain off the water and replace it with good gravy, with a tea-spoonful of salt added, and when heated, serve the mutton upon the garlic.

653. *Leg of Mutton larded.*

A small leg of Scotch or Welsh mutton is the most choice for this mode of dressing. Lard it over with bacon in the usual manner, then brown it for a quarter of an hour in a frying-pan, turning it constantly over ; put it into a baking-pan, in which slices of ham have been placed to cover the bottom of the pan, with a carrot and turnip, a stick of celery, an onion, a clove of garlic, a small faggot of parsley and herbs, a dozen peppercorns, and four cloves. The pan must be of the right size and shape to admit the mutton to stand upright with the broad end downwards, and at each side put half a calf's foot. Pour in a pint of good brown gravy and half a pint of white wine. Cover the pan closely and put it into a slow oven for seven hours. Take up the mutton, and serve it hot with the gravy strained over it ; or if cold, it will form a rich jelly round it.

654. *To broil a Breast of Mutton.*

Put into a stewpan a breast of mutton with a bunch of herbs and parsley, a stick of celery, an onion, and a clove of garlic, a tablespoonful of salt, a pint of stock or gravy, and a glass of white wine ; let it stew gently for two hours and a half, then take it up and draw out all the bones ; flatten the mutton and put a weight on it till it cools ; then strain the gravy and boil it down to a half-pint. Brush the mutton over first with clarified butter, then with beaten eggs, and cover it thickly with seasoned bread-crumbs ; then broil it over a clear fire for a quarter of an hour till quite brown, and serve it with the gravy over it, and pickled onions or gherkins round it.

655. *Leg of Mutton en Marinade.*

Put in a dish, three or four inches deep, a pint of vinegar, a pint of cold water, four cloves of garlic, a faggot of parsley and herbs, two teaspoonfuls of salt, a dozen peppercorns, and four cloves ; then take the outer skin from a leg of mutton ; divide into two, three or four large onions, and rub the mutton well over with the inside of the onions ; then put the meat in the marinade and let it lie twenty-four hours ; take it out, rub again with the onion, and turn the other side into the marinade for the next twenty-four hours ; take it out of the dish and wipe it dry, hang it up for a day ; then roast it, covered like the haunch with paste and paper, for three hours or more, and serve it like venison, with currant jelly.

656. *A Fillet of Mutton forced.*

Cut a neat fillet from a leg of mutton, as you would with a leg of veal ; take out the bone and put in a forcemeat stuffing, the same as for veal. Roast it for an hour at some distance from the fire to brown it nicely ; then put it in a stewpan with two cloves of garlic, a stick of celery, a dozen small mushrooms, a tablespoonful of salt, a teaspoonful of pepper, and a teaspoonful of sugar ; cover it with broth or stock, and add a glass of port wine ; let it stew gently for three hours, then take it out and keep hot till the gravy is boiled up and reduced. Strain the gravy over it, and serve with cauliflower or French beans round it.

657. *Mutton Ham, smoked.*

It is common in the north of England to cure beef and mutton in the same way as pork, and a cured mutton ham is useful in a family, to slice for a breakfast broil, or to serve broiled with mashed potatoes or poached eggs. Choose a fresh, finely-grained leg of mutton, cut in the form of a ham, and of about twelve pounds' weight. Let it hang, if the weather be cool, three days ; then mix half a pound of finely-powdered salt, two ounces of saltpetre, and half a pound of coarse sugar ; make the mixture hot before the fire, and then rub the ham thoroughly with it ; lay it in a deep dish, the skin downwards, and cover it with the remainder of the salt. Turn it

every day for four days, and then rub half the quantity again on the ham, and let it remain ten days in the pickle. It may then be taken out, dried, and hung up in wood smoke for a week. It is very good boiled whole as a ham ; but more usually it is broiled in slices.

658. *To broil Mutton Chops.*

Mutton is, *par excellence*, the meat for chops and cutlets, and these may be cooked variously, so as to produce many novelties for *entrées* or for the lunch table. The mutton chop simple is convenient, for the preparation is readily accomplished, requiring only nicety and attention. The chops may be cut from the fillet of the leg, from the loin, or the best end of the neck : of these, loin chops are most tender and juicy ; they should not be less than half an inch thick, pared into a neat form, and if from the neck the bones should be shortened, brushed lightly over with clarified butter to preserve the juice, and broiled over a clear fire, turning them four times ; when half done, season them with a mixture of salt and pepper, in the proportion of three teaspoonfuls of salt and one of pepper to two pounds of chops. Serve them one at a time on a hot dish with a thin slice of butter on each chop, not pressed down, and half a tablespoonful of mushroom ketchup or Chili vinegar ; sliced lemon round the chops.

659. *To fry Mutton Chops.*

Cut and trim the chops as for broiling ; saw off the bone at the thick end, if from the neck ; rub each chop lightly over with eschalot, then dip each chop into beaten egg in which two teaspoonfuls of salt have been mixed ; cover with fine bread-crumbs, and put them in a frying-pan with a good slice of butter ; turn them lightly two or three times, and before done, sprinkle them with salt and pepper ; fry, not less than ten minutes, or more than fifteen minutes ; take up and drain the chops before the fire. Add to the butter in the frying-pan, two tablespoonfuls of broth or stock, one tablespoonful of lemon-juice, and one of mushroom ketchup ; shake the pan till well mixed, then dish the chops, pour the gravy over them, and garnish with pickled gherkins.



savory Potatoes
carrot tuffs

660. *Mutton Chops with Potatoes.*

Cut the chops as before ; remove all the fat ; prepare some mashed potatoes with cream and salt ; cover the cutlets entirely with the potato, then dip them in beaten egg, and fry them in butter ; season them with salt and pepper when half done, and serve them in rich brown gravy.

661. *Mutton Cutlets with Onions.*

Cut and trim the cutlets as before. The cutlets from the fillet of the leg suit best for this *entrée*, as they can be cut without bone or fat, and the stewing renders them tender. Fry them in butter till slightly browned ; then put them in a stewpan with an eschalot, a faggot of parsley and herbs, a small bunch of chives, and a carrot, add a teaspoonful of salt and half a teaspoonful of pepper. Cover the cutlets with a pint of good stock, and let them stew gently at the side of the fire for an hour and a half. In the mean time peel half a pint of small onions and set them over the fire in cold water ; as soon as the water boils, pour it off and replace it with cold ; repeat this five or six times, when the onions will be soft and mild. Then add a teaspoonful of salt and an ounce of butter, and beat up the onions ; take out the chops, pile them neatly on end round a dish, strain the gravy over them, and serve with the onions in the midst.

662. *Mutton Cutlets with Cucumber.*

Pare three middle-sized cucumbers and divide them into quarters longitudinally, put them on a dish, throw over them two teaspoonfuls of salt, and let them stand an hour ; pour off the liquor which has run from them ; dredge them with a table-spoonful of pepper, and cover with vinegar. Cut and trim the chops, brush them over with egg and crumbs, and fry them for ten minutes, till they are a light brown. Put them into a stewpan and place upon them the cucumbers without the vinegar ; add two sliced onions and half a pint of good gravy, and stew gently for an hour. Serve the cutlets piled round a dish with the cucumber in the midst ; strain the gravy to pour round them.

663. *Mutton Cutlets à la Maintenon.*

Cut and trim the cutlets in a round shape, smaller than when cooked in any other mode; make ready some fine-grated crumbs mixed with a small faggot of parsley and herbs, and an eschalot, all chopped very small. Brush the cutlets over with butter, and sprinkle with pepper and salt; then fry them for five minutes, take them from the pan, dip them in beaten egg, and cover them with the crumbs and herbs; envelop them in buttered paper and broil them for ten minutes on the grid-iron, taking care that the paper be not scorched. Serve them in the papers with stewed mushrooms, or a ragoût of green vegetables in the midst.

664. *Mutton Cutlets en Papillotes.*

Cut and trim small round cutlets from the fillet; put them into a frying-pan with two ounces of butter, one eschalot sliced, one onion sliced, and a teaspoonful of chopped parsley. Sprinkle over the chops a light seasoning of pepper and salt, and fry for ten minutes. Take them out of the pan and drain them; cover each chop with a thin layer of forcemeat, with the addition of a few chopped oysters; envelop each in a buttered paper, neatly twisted at the ends, and broil them for ten minutes over a clear fire, not too near. Serve them in the papillotes with "Sauce Robert" or good brown gravy.

665. *Mutton Chops en Robe de Chambre.*

Cut up three pounds of a loin of mutton into neat chops; put them into a stewpan with a pint of stock, a faggot of parsley, and three or four young onions; add a teaspoonful of salt, and stew gently for three quarters of an hour. Take out the chops, skim the gravy, and boil till it is reduced to a glaze. Make a forcemeat of two ounces of lean veal, a teaspoonful of chopped parsley, three young green onions, six mushrooms, and two hard-boiled eggs, all chopped small; season with the usual proportion of salt and pepper, and moisten the forcemeat with a large tablespoonful of cream. Brush the chops over with the glaze, then cover them with the forcemeat, grate bread-crumbs over them, and dip in the glaze; then put

them in a Dutch oven for half an hour to brown, and serve with tomata sauce.

666. *Mutton Chops en Crepine.*

Cut up a loin of mutton into chops ; season each chop with salt and pepper, as usual ; slice six middle-sized onions, and fry the chops and onions in butter for fifteen minutes. Take the chops and onions out, and add the butter in which they have been fried to a pint of good stock. Put this into a stewpan and let it heat ; beat the yolks of three eggs and add to the onions ; put them for a few minutes into the gravy, then cover each chop with the onion, dip it in beaten egg, and grate bread over it. Put the chops into a Dutch oven with a small piece of butter on each, and let them brown for a quarter of an hour. Serve them in a rich brown gravy in which a tablespoonful of Chili vinegar has been mixed. The onions should be young, or boiled before they are fried, or these chops will be too strong for the general taste.

667. *Italian Cutlets.*

Cut the chops from the best part of the neck of mutton ; remove the ends of the bones and part of the fat ; flatten the cutlets, and spread over them a good seasoning of pepper, salt, and Cayenne. Dip them in well-beaten egg, and cover them with crumbs mixed with a teaspoonful of chopped parsley. Brush them again over with clarified butter, and add another coat of crumbs. Fry them in butter, frequently turning them for a quarter of an hour ; then take them from the pan, drain them before the fire, brush them over with glaze, and serve with Italian sauce.

668. *Haricot of Mutton.*

Cut and trim into chops a loin, or the best part of a neck of mutton ; remove part of the fat, dredge the chops with flour, and fry them in their own fat for ten minutes, till they are lightly browned. With the chops fry a sliced onion and a carrot and turnip, cut into dice. Put the mutton and the vegetables into a stewpan, with a pint of gravy, a bundle of parsley and herbs, three blades of mace, a teaspoonful and a half of salt, half a teaspoonful of pepper, and the same quantity of

allspice. Cover the pan, place it at the side of the fire, and let it stew gently for an hour and a half, skimming it carefully. Take out the chops and strain the gravy; thicken it with an ounce of butter rolled in flour, add a tablespoonful of mushroom ketchup or Worcester sauce; let it boil up, then put in the chops and vegetables. Shake them about for a minute, and serve in the gravy.

669. *Dr. Kitchener's Haricot.*

“Cut the best end of a neck or loin of mutton that has been kept till tender into chops of equal thickness, one rib to each chop. The French fashion is to cut them the thickness of two ribs, but they are more convenient to help when with only one bone. Trim off most of the fat and the lower end of the chine bone and scrape it clean. Flatten the chops with a wooden bat, season them with salt and pepper, and lay them in a frying-pan with an ounce of butter and a large onion sliced. Set the pan over a smart fire, that the chops may not be cooked before they are coloured. The intention of frying them is only to give them a browning.

“While the chops are browning, peel and boil two dozen small young onions for twenty minutes in three pints of water, with a tablespoonful of salt. Take out the onions, and pour the water they were boiled in into a stewpan with the chops, adding as much boiling water as will cover them; remove the scum as it rises. Then put in six ounces of carrots and eight ounces of turnips, peeled and cut into slices. The carrots must be put in twenty minutes before the turnips. Be careful that the stewing is not too fast or too much. In about an hour and a half they will be tender; then take out the meat and vegetables, and keep them hot; strain the gravy, skim off the fat, and heat up the onions in boiling water. Thicken the gravy with an ounce of butter rolled into flour, and heat it in the stewpan. Dish up the chops round a dish, the vegetables in the middle; pour the thickened gravy over them, and arrange the boiled onions round the dish.”

Though this is a very excellent dish, it is too strong for the palates of many. We would suggest that the onions should be boiled in several changes of water, which would correct the rank flavour.

670. *Spring Haricot.*

Cut up a neck of mutton into chops, and fry them in butter till both sides are a light brown. Take out the chops, and fry two sliced onions and one carrot. Put these with the meat into a stewpan with one pint of broth, two tablespoonfuls of flour rolled with two ounces of butter, two teaspoonfuls of salt, half a teaspoonful of pepper, two cloves, a small bunch of parsley, and a stick of celery. Let the meat stew very gently for three quarters of an hour; then take out the vegetables and add a quarter of a pint of new potatoes and a quarter of a pint of French beans cut up, another teaspoonful of salt, a quarter of a pint of good gravy, and a sprig of mint. Stew very gently for another three quarters of an hour. Then dish the chops round the dish and the vegetables in the middle, and strain the gravy over them. The potatoes must not be allowed to break.

671. *Mutton Kebobs.*

Remove the skin, all the inside fat, and part of the outside fat, from a straight loin of mutton. Separate it into chops of one bone. Mix a large cupful of fine crumbs with one tablespoonful of salt, half a teaspoonful of pepper, a drachm of Cayenne, half a nutmeg grated, and two teaspoonfuls of mixed herbs. Beat up the yolks of four eggs, dip each chop into the egg, then cover with crumbs; then add another coat of egg and of crumbs. Put the steaks neatly together again and pass a long skewer through them. Tie them to a spit, and roast them before a good fire, basting them very well with butter. In an hour and a half they will be done. Have ready some good brown gravy to pour over them. Dish them up on a silver skewer, and serve with boiled rice round them.

672. *Indian Kebobs.*

Cut any lean mutton into pieces not more than an inch and a half square and a quarter of an inch thick. Rub each piece well with a mixture of salt and pepper in the usual proportion, and a tablespoonful of mixed pounded cinnamon, mace, and cloves. Then dip them into clarified butter twice, and skewer them with half an eschalot between every two chops. Roast them on a spit for three quarters of an hour, well basted;

dredge and baste them immediately before you take them off the spit ; then serve them, without gravy, on boiled rice.

673. *Scotch Hotch-potch.*

This is an excellent dish in the season when vegetables are in perfection. Take three pounds of mutton chops, or two pounds of mutton and one of beef-steaks. Season them with salt and pepper, and fry them nicely for ten or fifteen minutes. In the mean time take one pint of shelled green peas, one cauliflower shred, one lettuce shred, one onion sliced, and a small cucumber sliced. Put them into a stewpan with the shank bone of a ham, a pint of good stock, a tablespoonful of mixed salt and pepper, and a saltspoonful of Cayenne, and let them stew slowly for three quarters of an hour ; then take out the ham bone, and put in the chops, *beneath* the vegetables ; continue to stew all together for half an hour more ; then serve in a tureen or deep dish in the gravy.

674. *An excellent Irish Stew.*

Cut three pounds of chops from the neck—even the scrag is useful for this purpose ; remove the greatest part of the fat, but leave all the bones. Put the chops into a stewpan with one whole onion, a small faggot of herbs, a tablespoonful of mixed pepper and salt, a drachm of Cayenne, and two cloves ; pour over a pint and a half of broth or stock, and let the stew simmer gently an hour and three quarters ; then add a pint of shelled green peas, a lettuce shred, a sprig of mint, and a small cauliflower chopped up. Continue the stewing for an hour very slowly ; then dish up the stew in the gravy with any green pickle round the dish.

675. *A good Family Irish Stew.*

Take two pounds of mutton chops, and four pounds of potatoes cut in slices ; put a layer of potato at the bottom of the stewpan, and over that a layer of mutton seasoned with pepper and strewed with a teaspoonful of finely-shred onion. Add alternate layers of potatoes and mutton, covering the top with potatoes ; pour in a pint of cold water or broth, and let the stew simmer an hour and three quarters ; then add an ounce

of salt, and let it stew another half-hour, when the meat will be quite tender and the fat absorbed by the potatoes. This is a very good dish without further seasoning, especially for children ; but if taste requires it, a spoonful of ketchup, or Worcester sauce, may be added.

676. *China Chilo.*

Cut the lean part from a neck of mutton, and mince finely as much as will fill a pint basin. Add to it a pint of green peas, a lettuce, and three or four young green onions shred small, a teaspoonful of salt, half as much pepper, half a drachm of Cayenne, and put all into a stewpan with two ounces of clarified butter. Shake the whole round for five minutes till well mingled, then put in a quarter of a pint of broth or stock ; cover the stewpan, and let it simmer gently for two hours. Dish up the meat and vegetables together in the gravy, and serve on a dish of boiled rice.

677. *To hash Mutton.*

Take the remains of any dressed mutton, and if it be roast meat, cut in thin slices ; if boiled, as thick again ; cut away all fat, skin, and sinew ; leave only what has to be eaten, and shape the meat into neat pieces. Then put into your stewpan a pint of stock, with a teaspoonful of salt, half a teaspoonful of pepper, a head of celery, a sprig of parsley, and an onion. Boil this gravy down to half the quantity ; strain it ; then put in the slices of mutton, and shake the pan round over the fire, taking care it does not boil, for five minutes. Line a dish with toasted sippets, and pour the hash over them.

678. *Grill and Hash of Mutton.*

Take a cold roast shoulder of mutton, and cut the meat off the under part in neat thin slices. Shred two onions, one eschalot, and a small bunch of parsley, and fry in butter quite brown ; then put them into a stewpan with half a pint of good stock, a tablespoonful of mushroom ketchup, a teaspoonful of salt, and a quarter as much of Cayenne pepper. Let the whole boil over the fire and reduce to a thick gravy, then put in the slices of mutton, and keep hot, not boiling, till you glaze

the upper part of the shoulder, which must remain uncut, with clarified butter, and cover it with highly-seasoned bread-crumbs ; broil it over the fire for ten minutes till thoroughly hot, turn out the hash, lay the grilled mutton upon it and serve, garnished with pickled gherkins.

679. *To mince Mutton.*

Mince any kind of dressed mutton very fine, free from all fat, skin, or sinew ; season it with salt, pepper, and Cayenne, and put it in a stewpan with as much good gravy as will half cover it ; add a tablespoonful of Worcester sauce, or ketchup ; shake it round for five minutes till the meat be perfectly hot, then serve it in a dish surrounded by fried sippets or mashed potatoes.

680. *To bake a Sheep's Heart.*

Clean and fill the heart with veal forcemeat ; skewer it with some thin slices of fat bacon over it. Put it into a baking-pan with a pint of broth, an onion, three teaspoonfuls of salt, and one of pepper ; bake it for two hours, then take it out and keep it hot till you skim and boil down the gravy, with a teaspoonful of sugar and one of ketchup. When reduced half, strain it, and serve round the heart. Currant jelly may be sent in with it.

681. *To broil Mutton Kidneys.*

Cut eight kidneys through the long way, score them a little, then sprinkle with salt and Cayenne, dip them in clarified butter, run a skewer through them to keep them from curling on the gridiron, and broil them over a clear fire, turning them frequently for twelve minutes, or longer if they be large. Send them piled up in good gravy, garnished with fried parsley. A *maître d'hôtel* sauce (No. 54) is a good accompaniment.

682. *To stew Kidneys.*

Trim away the fat, skim, and cut each kidney into thin slices ; put the slices into a stewpan, dredging them first with flour ; then put in two ounces of butter, a teaspoonful of finely-chopped parsley, a teaspoonful of chopped chives, a teaspoonful of salt, and half as much Cayenne pepper. Let them stew ten

minutes, then add two glasses of claret, and a tablespoonful of lemon-juice ; in ten minutes more the kidneys may be served in the sauce.

683. *To stew Mutton Rumps and Kidneys.*

Clean and trim six mutton rumps ; put them into a stewpan, and cover them with a pint of good gravy. Let them stew half an hour, then take them out and allow them to cool. Remove the scum from the gravy, and put to it four ounces of rice previously boiled, a teaspoonful of salt, an onion, with four cloves stuck in it, and a blade of mace, and allow it to simmer very slowly while you dip the rumps in well beaten yolks of eggs, and cover them with crumbs of bread, seasoned with salt and pepper, and mixed with a teaspoonful of thyme, one of parsley, and half as much lemon-peel, all finely shred ; then fry the rumps for ten minutes a light brown. While these are preparing, clean, split, and lard the kidneys, season them with Cayenne, and roast them for twenty minutes in a Dutch oven. When all are ready, turn the rice out on a dish, and place the rumps and kidneys alternately in a round. Garnish with green and red pickles alternately.

684. *Ragoût of Rumps of Mutton.*

Put into a stewpan six mutton rumps, with half a pint of stock, a bunch of parsley, a clove of garlic, a head of celery, a tablespoonful of mixed salt and pepper, and three cloves. Allow them to simmer slowly at the side of the fire while you boil a pint of French beans, neatly cut, and transfer them to a stewpan with four ounces of bacon, cut in slices, half a teaspoonful of Cayenne, and half a pint of stock. Let them simmer three quarters of an hour, then dish up the rumps round a dish, and turn out the ragoût of vegetables into the middle.

685. *Grilled Sheep's Tongues.*

Soak three sheep's tongues in salt and water for two hours, then boil them for two hours, take off the skin, split each tongue, and put them into a stewpan with a bunch of young onions, a bunch of parsley, a head of celery, and half a dozen mushrooms ; add a teaspoonful of pepper, and if the tongues

have not been pickled they will require two teaspoonfuls of salt. Cover them with a pint of stock, and set the stewpan at the side of the fire to heat and simmer for half an hour. Then take out and glaze the tongues with the gravy, cover them with seasoned crumbs, and broil them on the gridiron for fifteen minutes. In the meantime reduce and strain the gravy, add a tablespoonful of lemon-juice, and serve with the tongues.

686. *To roast Sheep's Tongues.*

Take four tongues, soak them two hours in salt and water, boil them an hour and a half with a bunch of parsley, a clove of garlic, and a parsnip. Then take up and skin the tongues; lard them with thin slips of bacon, wrap them in oiled papers, and tie to a spit; roast them for an hour and a half, then serve with good gravy and sliced lemon.

687. *Sheep's Tongues en Papillotes.*

Steep four tongues in salt and water, boil them for an hour and a half; then strip off the skin, lard them with fat bacon, split each tongue, and lay it flat in a heart shape. When cold, chop a faggot of parsley, one of thyme, a clove of garlic, two ounces of lean ham, six mushrooms, half a teaspoonful of Cayenne, and a teaspoonful of lemon-peel. Cover the inside of the tongues with this mixture, envelop them with buttered papers, and broil for twenty minutes, taking care they are not scorched; and serve in the papers.

688. *Sheep's Tongues en Surtout.*

Steep in salt and water and boil three tongues, skin them, and when cold cut them into thin slices. Then put into a stewpan half a pint of stock, a small faggot of parsley, and young onions, an eschalot, sliced beetroot, and a head of celery, all chopped fine; add a dozen black peppercorns and two teaspoonfuls of salt, and boil for three quarters of an hour; then strain the gravy, put it back into the pan, add an ounce of butter rolled in flour and a glass of port wine. Dip the slices of tongue into the sauce, and arrange them in layers on a dish, grating bread over them; baste them with a little

clarified butter, and heat and brown in a Dutch oven. Then pour the sauce over the tongue, and serve with sippets round.

689. *Sheep's Head and Broth. Scottish fashion.*

Though this favourite dish of Scotland is not attractive to English taste in its purely national fashion, we venture to insert the receipt for dressing it, in order to render our manual complete. Dr. Kitchener says,—“Take a sheep's head with about four inches of the *craig* or neck to it. Do not skin it, but singe off the wool with red hot irons. Soak it for a quarter of an hour with the feet of the sheep in warm water; scrape away the black remains of wool, and cut the head in two, removing the tongue whole; carefully wash and clean it, and rub it over with the brains; leave it for five minutes, then wash again in cold water. The feet must also be thoroughly cleaned, and with the head and tongue put into a stewpan, and covered with cold water or good beef broth. Add two small carrots, three turnips, eight white peppercorns, three cloves, and three large teaspoonfuls of salt. Cover the pan and place it over a moderate fire; let it simmer gently two hours and a half; then add five heads of celery, chopped small, two dozen very small whole onions, and the inside of a Savoy cabbage, shred fine. Remove the scum as it rises, and let the whole simmer another hour and a half. Then take out and bone the feet, skin the tongue, and serve them with the head, in a dish with the turnips and carrots round: the broth or *kail* in a tureen, with the rest of the vegetables left in.”

690. *To roast a Sheep's Head.*

The most approved mode of cooking a sheep's head in England is to roast it according to the following directions. Do not skin the head, but scald it and scrape it till all the wool is removed, then divide it like a calf's head, removing the tongue and brains, which place in a stewpan covered with cold water; to these add a quarter of a pint of vinegar, and let them stew gently for twenty minutes. Then make a forcemeat as for veal, adding an onion, shred fine, and the tongue and brains also shred. Bind the whole with an egg, fill the head with it, then sew the two parts together, and roast it before the fire for two

hours, basting it continually. Serve it with currant jelly sauce.

691. *To stew Sheep's Brains.*

To make a neat side-dish, the brains of four sheep will be necessary. Remove the skin, and wash them in cold water; boil them, without breaking, for five minutes, then put them into a stewpan with six thin slices of bacon, a bunch of parsley and green onions, a teaspoonful of salt, a quarter as much of Cayenne pepper, three cloves, a teaspoonful of grated lemon, and a sprig of thyme. Cover them with broth and let them stew very slowly for two hours. Take out the brains and arrange them on the slices of bacon. Strain the liquor, and add two ounces of butter rubbed into flour, and a tablespoonful of lemon-juice. Shake it up over the fire, and pour it over the brains, which must be served garnished with fried sippets.

692. *Sheep's Trotters à la Poulette.*

Scald and clean the trotters; boil them for a quarter of an hour; take out the large bone, and put them into a stewpan with three ounces of butter, a bunch of thyme and parsley, a teaspoonful of salt, and a drachm of Cayenne pepper; shake the pan round for ten minutes, then take out the trotters, and add to the butter three yolks of eggs beat up with a quarter of a pint of cream; and as it thickens over the fire, stir in a tablespoonful of lemon-juice. Serve the trotters with the sauce poured over them.

693. *Sheep's Trotters with Cucumber.*

Take eight trotters, cut each into three, and boil them for a quarter of an hour, then put them into a stewpan with an equal quantity of cucumber cut into dice, which must have been steeped an hour in vinegar and salt, and then drained; add a quarter of a pound of butter, a bunch of parsley and young onions, two cloves, a drachm of Cayenne pepper, and a clove of garlic. Let them simmer gently over the fire for a quarter of an hour, thickening the sauce with a tablespoonful of flour moistened with broth; then add the yolks of three eggs beat up with a quarter of a pint of cream, and stir the whole round for a few minutes with a tablespoonful of lemon-juice, and serve in the sauce.

CHAPTER XII.

LAMB.

HOUSE lamb may be had immediately after Christmas, but though delicate in flavour, it is less agreeable and nutritious than the grass lamb which comes into season in April in the south, and in May in the north of England.

Lamb may be distinguished, like mutton, by the fat being firm and white, the lean clear and red. It is usually cut up and sold in quarters, the fore-quarter being considered the prime part, and commonly dressed whole. The leg is, however, a useful and neat joint, and in the early season of lamb is an almost invariable dish in a large dinner.

For a family who wish to practise economy, it is best not to buy lamb before it is five months old, and though not considered so delicate at that age, it is decidedly more wholesome and useful. Lamb is uneatable unless well and thoroughly cooked.

Being cut up like mutton, it is unnecessary to refer to the particular joints.

694. To roast the Fore-Quarter of Lamb.

Remove the scrag, the chine bone, and the thick skin that covers the lower part of the breast ; joint the breast, and crack the ribs in the centre ; break the bone, to allow the knuckle to be twisted round and skewered. Roast it quickly before a quick fire for two hours—if very small, an hour and three quarters may suffice ; but it should be perfectly well done. When ready for the table, the shoulder must be separated from the ribs with a sharp knife, raised up, and a small slice of butter, a spoonful of salt, and a little lemon-juice thrown over the meat. The shoulder must then be restored to its place, and

the lamb served with fringed writing-paper round the shank. Salad and mint sauce are usually sent up with it.

695. *To roast a Saddle of Lamb.*

The saddle of lamb roasted, like the saddle of mutton, is an elegant dish, served with mint sauce. Or if roasted with slices of turnip and carrot laid over it beneath the paper which covers it, glazed, and served on stewed green peas (No. 295), it forms a handsome remove.

696. *To roast a Hind-Quarter of Lamb.*

The hind-quarter of lamb is better dressed whole, as the gravy is preserved, and the leg is very lean alone. Of middle-size it requires two hours and a half to roast it. Before serving it should be basted with a little yolk of egg, mixed in the gravy; then strewed with crumbs of bread, and allowed to brown; squeeze lemon-juce over the meat, and serve with mint sauce.

697. *To roast a Leg of Lamb.*

A leg of lamb for roasting should be plump and juicy, and should be profusely and constantly basted; it will require an hour and a half to roast it, and should be served with mint sauce.

The loin may also be roasted separately, and served with the same sauce.

698. *To boil a Leg of Lamb.*

Let the lamb lie an hour in cold water; then tie it in a floured cloth, and let it simmer gently for an hour and a half; then serve it with rich white sauce on broccoli or spinach.

699. *To grill a Shoulder of Lamb.*

Take a moderate-sized shoulder of lamb and let it simmer over the fire for three quarters of an hour; then take it up, score it in chequers of an inch square, brush it over with well-beaten yolk of egg, and cover it with bread-crumbs mixed with a tablespoonful of dried parsley, thyme, and marjoram, and seasoned with a tablespoonful of salt and pepper. Then broil it over the fire till it is a light brown, and serve it with *sauce piquante* (No. 45).

700. To braise a Shoulder of Lamb.

Bone a shoulder of lamb and fill it up with forcemeat ; braise it for two hours over a slow fire. In the meantime wash as much fresh sorrel as will fill a small stewpan, put to it a quarter of a pound of butter, a teaspoonful of salt, half as much powdered sugar, and a quarter of a teaspoonful of Cayenne pepper ; cover the stewpan, and set it over the fire for a quarter of an hour, then pass the sorrel with a wooden spoon through a hair sieve ; make it hot, and serve under the braised lamb.

701. To lard a Leg of Lamb.

Cut thin slices of bacon, and lard the surface of the lamb ; cover it with paper, and roast for an hour ; then take off the paper, and sprinkle the meat thickly over with seasoned bread-crumbs. Put it down for half an hour again before a brisk fire to brown it ; squeeze a little lemon-juice over it, and serve with mint sauce.

702. Leg of Lamb au Béchamel.

Soak the lamb for an hour in cold water, then let it simmer gently over the fire for an hour and a half. In the meantime take half a pint of veal broth and half a pint of good cream, blend with it a tablespoonful of flour, and add a dozen small mushrooms, a sprig of parsley, and a good teaspoonful of salt ; boil it down till half reduced, then take out the mushrooms and parsley, and serve the lamb with the sauce poured over it.

703. Leg of Lamb stewed.

Put the lamb into a deep baking-pan with a turnip and a carrot, a clove of garlic, and four small onions, two teaspoonfuls of salt, and half a teaspoonful of Cayenne pepper, cover it with water, and let it stew in a moderate oven for an hour ; then add a pint of green peas and a sprig of mint, and let it remain for three quarters of an hour longer, and serve it with the vegetables round it, and part of the broth poured over it.

704. To stew a Breast of Lamb with Cucumber.

Cut the chine bone from a breast of lamb, and set it on to stew in a pint of brown gravy for three quarters of an hour; then take it out, draw out the bones, brush it over with egg and crumbs, and grill it till brown upon a gridiron. Pare four middle-sized cucumbers and cut them lengthways into quarters, removing all the seeds; sprinkle the slices lightly with salt and Cayenne, and fry them in butter for five minutes, then put them into the gravy in which the lamb has been stewed, and let them simmer for twenty minutes; turn them out in the gravy, and dish the grilled lamb upon them. Garnish with sliced lemon.

705. To stew a Breast of Lamb with Mushrooms.

Draw the bones from a breast of lamb, and fry it in butter till brown; then put it in a stewpan with a teaspoonful of chopped parsley, half as much chives, two dozen mushrooms, a teaspoonful of salt, and a drachm of Cayenne; lay upon it thin slices of bacon, and then add as much veal broth as will cover it. Let it stew gently for an hour; add a spoonful of lemon-juice a quarter of an hour before you take it out, when the sauce must be strained to pour over it, and the mushrooms served round it.

706. Fricandeau of Breast of Lamb.

Lard a breast of lamb with thin slices of bacon, and put it into a pan of boiling water; let it simmer for half an hour, adding a bunch of parsley, one of young green onions, and a teaspoonful of thyme and marjorum. Take it out of the pan and strain the liquor into a stewpan, letting it boil down to half the quantity; then put in the lamb, and let it simmer till the sauce is glazed over the lardoons; then take it up and keep it hot till you skim the fat from the remainder of the sauce; add a drachm of Cayenne, and boil it to a glaze; then serve it under the lamb, and surround it with a ragout of spinach.

707. To stew a Loin of Lamb.

Take a strait loin of lamb, without the flap, and place it in a stewpan with three ounces of butter, a tablespoonful of

chopped mint, a tablespoonful of lemon-juice, and half a pint of broth ; let it simmer gently over the fire for an hour and a half, then take it out, draw out the bones, and press it flat on a dish ; reduce the sauce to half the quantity, season it with a teaspoonful of pepper and salt ; then brown the lamb on the gridiron, and dish it with the sauce poured over it.

708. *Lamb Cutlets.*

The best end of the neck or the loin of lamb is usually cut up for cutlets, which may be cooked in the same way as mutton cutlets, but require a good sauce or some vegetable accompaniment to form a neat dish for an *entrée*.

709. *To fry Lamb Cutlets.*

Cut the neck or loin up into thin cutlets of one bone each, sawing it into a neat form ; remove the fat and skin, dip them into beaten egg, and then strew over them a seasoning of a tablespoonful of pepper and salt mixed, a teaspoonful of chopped parsley, a teaspoonful of grated lemon, and half a teaspoonful of nutmeg. Fry them in butter till brown, then drain them before the fire on a napkin. Make the sauce of a quarter of a pint of rich brown gravy, a glass of port wine, and a dozen oysters ; boil up these for a few minutes, then dish the cutlets in a circle, and pour the sauce into the middle.

710. *To broil Lamb Cutlets.*

Cut a loin or neck of lamb into cutlets of half an inch thick, trim the bones, and remove the fat and skin ; brush them over with egg, pass them through seasoned bread-crumbs till thickly covered, then dip them into clarified butter, and broil for ten minutes over a clear fire. Serve them with a ragout of spinach in the middle, and garnished with fried parsley.

711. *To fricassee Lamb Cutlets.*

Cut up the lamb into cutlets as before ; put them into a stewpan, and cover with a pint of milk, a pint of water, the thin rind of a small lemon, a teaspoonful of salt, half as much white pepper, and a blade of mace. Let them stew a quarter

of an hour ; take them out and place in another stewpan, in half a pint of hot veal gravy ; stir into it half a pint of cream, and add a dozen small white mushrooms ; shake it over the fire till the sauce is thoroughly hot ; then serve the steaks in a circle with the sauce over them. Garnish with sliced lemon.

712. *Grilled Lamb Cutlets.*

Put the cutlets into a stewpan with four ounces of butter and a teaspoonful of salt, and let them stew for ten minutes, taking care that the butter be not browned. Take them out and place them on a napkin to drain ; pour out the butter and let cool, then beat it up with the yolks of three eggs, and pass the cutlets through till well glazed. Strew them with bread-crumbs, and broil them for ten minutes over a clear fire. Dish them quite dry in a circle, and serve garnished with sliced lemon.

713. *Lamb Cutlets with Potatoes.*

Take the best ends of two necks of lambs and divide into cutlets, removing the end of the long bones to make them a neat shape ; dip them in egg, then pass them through crumbs seasoned with half a teaspoonful of salt, a teaspoonful of chopped parsley, and the same quantity of chopped mint, but no spices. Fry them in butter till they are a delicate brown ; place them on a napkin to drain, then arrange them round a dish, the edge of one cutlet on another, with the small bone uppermost ; and fill the middle of the dish with a pyramid of potatoes mashed with cream. This makes a pretty lunch dish.

714. *To dress Cold Lamb en Blanquette.*

Put into a stewpan four ounces of butter, and allow it to dissolve, adding to it six or eight mushrooms chopped in pieces ; shake them round for five minutes, then pour in half a pint of veal broth, and let the whole simmer till reduced to half the quantity. Then put in slices of cold lamb and the yolks of three eggs beat up with a quarter of a pint of cream ; let the whole thicken over the fire very slowly ; season only with a teaspoonful of salt. In ten minutes dish up the lamb in the sauce, with slices of lemon round.

715. *To dress Lamb's Fry.*

Wash the fry well in cold water, then set it over the fire in cold water, and let it simmer for ten minutes to become perfectly firm. Take it out of the water, drain it, and cut into slices; make a light batter of egg, milk, and a spoonful of flour, with a very little salt; dip each piece of the fry into this batter. and fry a light brown; drain, and serve with fried parsley.

716. *To fricassee Lamb Sweetbreads.*

Take four sweetbreads and cleanse them well in cold water; put them into a stewpan with half a pint of veal broth, a teaspoonful of mixed pepper and salt, three or four young onions, and a blade of mace; add two ounces of butter rubbed into flour, and let them simmer over the fire for half an hour. Set the stewpan on one side till you beat up the yolks of three eggs in half a pint of cream; grate into it a quarter of a nutmeg, and add the tops of a bunch of asparagus previously boiled. Put these over the sweetbreads in the stewpan, and shake all over the fire with great care till quite hot. Turn out on the dish in the sauce, and serve with slices of lemon.

717. *Lamb Sweetbreads en Caisse.*

Cleanse and trim three sweetbreads, simmer them over the fire for half an hour, then take them out of the stewpan, and when cool cut them in slices, and steep them for half an hour in a marinade of oil, with an eschalot, a bunch of parsley, three or four young onions, and a sprig of mint, all shred fine; add a teaspoonful of salt. Then put each slice into an oiled paper with a little of the herbs over it, twist the ends of the papers neatly, and broil them for twenty minutes over a very slow fire. Serve in the paper with sliced lemon.

718. *Croquettes of Lamb Sweetbreads (Entrée).*

The remains of sweetbreads that have been previously served may be used for these *Croquettes*. They may be cut up into pieces of an inch square, and simmered for ten minutes in rich seasoned brown gravy, then taken out to cool, rolled

into balls, fried for five minutes in butter, drained and piled in a pyramid with fried parsley round them.

719. *To stew Lambs' Heads.*

Take two lambs' heads, singe off the wool, and soak for half an hour in hot water ; then draw out the jaw-bones, scrape the heads, and rub them over with lemon-juice ; stew them for an hour and a half in good broth, with a small bunch of thyme and parsley, an eschalot, a sprig of mint, the thin rind of half a lemon, half a dozen white peppercorns, and a teaspoonful of salt. Then take out the heads, uncover the brains, cut the tongues into slices and arrange round the heads. Strain the sauce and reduce, adding a tablespoonful of lemon-juice and a glass of sherry, and serve with the heads.

720. *Lamb's Head à la Française.*

Cleanse, scald, and bone a lamb's head ; stew it for an hour and a half. In the meantime put into a stewpan a pint of strong veal stock, two artichoke bottoms cut into pieces, a glass of Madeira, and a teaspoonful of mixed salt and pepper ; when this sauce is half reduced add the yolks of four hard-boiled eggs, some balls of forcemeat (No. 210), and two chopped gherkins ; shake round for ten minutes ; dish the lamb's head, cut the tongue in slices and place round alternately with fried sippets of bread, and serve with the sauce poured over it.

721. *Lamb's Head and Pluck.*

Cleanse, scald, and bone a lamb's head, put it into a stewpan with the heart, liver, and lights ; cover the whole with broth, add a bunch of herbs, a small bunch of parsley, half a dozen green onions, a teaspoonful of salt, half as much pepper, and half the peel of a lemon. Let them stew an hour, then take out the liver and fry it, mince it in dice with the heart and lights, and throw into another stewpan, straining the liquor in which all have been boiled, thickening it with flour and butter, and pour it over the mince. Then strew the head with fine bread-crumbs, and grill it before the fire ; when browned, serve it on a dish with the mince round it. This, though somewhat old-fashioned, is an excellent dish. Make

quenelles with the brains, beat up with two eggs, bread-crumbs, parsley, salt, and pepper ; fry, and garnish the dish with them.

722. *Lamb's Feet.*

Scald six lamb's feet till the bones can be easily drawn out, taking care not to injure the skin ; leave them for three hours in cold water ; take them out and put them into a stewpan with as much cold water as will cover them, and a wineglass of lemon-juice. Let them remain a quarter of an hour over the fire, then take them out and put them again into cold water for ten minutes ; after which, cut off the bones of the cleft part of the foot and remove the hair. Put them in as much veal broth as will cover them, and stew them gently for three hours ; then serve them with peas or asparagus.

723. *Lamb's Feet en Gratin.*

Stew the lamb's feet as above, only use six small onions instead of the lemon-juice. Make the *gratin* of a teacup of fine bread-crumbs, a tablespoonful of grated cheese, two ounces of butter, a teaspoonful of salt, and half as much pepper ; mix them well up with the yolks of three eggs, then spread the *gratin* over the bottom of a dish, and place it over a stove or hot plate till it adheres to the dish. Dish the lamb's feet upon the *gratin*, with the onions round them, and serve them dry ; but send in with them *suprême sauce* (No. 56).

CHAPTER XIII.

PORK, BACON, AND HAMS.

THE best season for pork is about Christmas ; from November to March it is good ; but in the hot months it is greasy and unwholesome. A porker should not be older than eight or nine months, and the first consideration before you buy the meat is to discover whether the animal has been kept clean and fed properly. Butchers are sometimes in the habit of keeping pigs, and feeding them on the nauseous and decaying offal of the shambles, when it is impossible that the meat can be fit for the table. The farm-house fed pork, or the miller's pork may be usually relied on as clean and well-fed ; and, if possible, it is desirable to buy directly from the feeders. There is no meat that it is so necessary to be particular in choosing ; for the ill-fed pork is diseased, and produces disease.

Pork should be, above all, perfectly fresh ; it will not bear keeping unless it be salted. The flesh should be firm, solid, finely grained, of a pinkish white, and cool to the touch. There should not be too much fat, and that should be white and firm ; if kernels are seen in the fat, reject the meat at once, for you may rely on it having been killed in a state of disease, and therefore unfit for the table. The skin, which when roasted becomes the crackling, which is by some pronounced a delicacy, should be thin and elastic to the touch ; if hard and thick, you may conclude the animal has been too old for a porker.

The porking pig is sometimes cut up into quarters, when the fore-quarter includes the spare-rib, fore-loin, and hand ; and the hind-quarter consists of the leg and hind-loin. It is usual to cover the leg with salt for a few days before it is

cooked, and sometimes the hand also, in which case they are always boiled ; the other joints are dressed fresh. In cooking pork it is essentially necessary that the meat be thoroughly well done, or it is quite unfit for the table.

The best pork should be fed on peas, beans, barley, or bran ; what is usually called pig-wash—the refuse of the scullery—impairs the quality of the pork, and renders it less nourishing and wholesome ; and though this meat is scarcely to be recommended to a delicate stomach, it is highly nutritious to the healthy.

A leg of pork for roasting is best about six or seven pounds in weight.

724. *To roast a Leg of Pork, fresh.*

If a leg of pork be roasted, it must be young, and not kept longer than a day or two ; it is then a very good family dish, but is never introduced at a dinner of taste. In some families it is still liked with the old-fashioned stuffing of sage and onions, which is made by boiling three good-sized onions, mincing them very fine with half a dozen leaves of sage, a dessert-spoon of shred apple, as much mixed pepper and salt, half as much chopped lemon-rind ; then mix these with an equal quantity of bread-crumbs, and bind with the yolk of an egg. Raise the skin round the knuckle with a sharp knife, and introduce the stuffing, tying the leg to keep it secure. Score the skin in regular stripes of about half an inch apart with a sharp knife, taking care not to cut into the flesh. This is done to prevent the crackling being blistered, and to render it easy to carve. Brush the skin over with salad oil or butter before the joint be put down, and keep it a good distance from the fire, that the crackling be not hardened. Baste it continually, and take care that it be thoroughly roasted. A joint of eight pounds' weight will require fully three hours to cook it ; but at the end of two hours you may again brush the skin with butter and dredge a little flour over it, moving it a little nearer to the fire, that the crackling may be browned. Serve it with brown gravy and apple sauce.

725. *Dr. Kitchener's "Leg of Pork as Goose."*

Parboil and skin a leg of pork, make a stuffing of sage and onions and put under the knuckle (as in the preceding

receipt); put it down to roast, basting it with butter. When it has been down an hour, mix a tablespoonful of dried and powdered sage with twice as much bread crumbed as fine as possible, and seasoned with pepper and salt, and dredge the mixture over the joint as it is roasting. It will take an hour to boil, and an hour and a half of roasting to cook it perfectly, if of moderate size. Serve with good brown gravy.

726. *To roast a Loin or Neck of Pork.*

The skin of the neck or loin must be scored in the same way as the leg, brushed over with butter, and kept at a good distance from the fire. It is sometimes, but rarely, stuffed with sage and onions, or sprinkled over with powdered sage, and served with brown gravy and apple sauce, or sauce Robert.

727. *To roast a Neck of Pork, rolled.*

Bone the neck, make a forcemeat of two tablespoonfuls of finely minced sage, as much finely crumbed bread, two teaspoonfuls of mixed salt and pepper, and the yolk of an egg; spread this over the meat; then roll it tightly round in a fillet, and roast it slowly, giving twenty minutes for each pound of meat; serve with brown gravy.

728. *To roast a Spare-Rib of Pork.*

The spare-rib should have salt thrown over it for a few days, which should be carefully brushed off before it is cooked; the joints should be loosened, and the ribs cracked across in the middle. Dredge it with flour, and roast it at some distance from the fire, or it will be scorched, as there is very little meat on the bones. It will not require more than two hours if eight pounds in weight, and an hour before it is taken up should be dredged with powdered sage, and served with mashed potato.

729. *To roast a Chine of Pork.*

The chine, as well as the spare-rib, is better for being salted a few days, and is then seldom sent to table except as an accompaniment to turkey, or any other white meat. When roasted, it should be stuffed in several places with small portions

of parsley, thyme, and sage, shred finely, and seasoned with salt and pepper. A middle-sized divided chine will require two hours to roast, and may be served with tomata or any sharp sauce.

730. *To roast a Saddle of Pork.*

This is the handsomest form in which pork can be sent to table, and, if well roasted, is a useful dish at a large dinner. It is sometimes roasted with the skin, which is then scored, of course, lengthwise, as it has to be carved ; but it is much better to skin it, to paper the fat, and roast it the same way as a saddle of mutton, removing the paper half an hour before it is taken up, and, dredging it lightly with flour, basting it till it be well browned. Twenty minutes for each pound of meat will be necessary to cook it well. It should be served with its own gravy, and sauce Robert, or, if required, apple sauce can be sent in with it.

731. *To roast a Loin of Pork, German fashion.*

Choose a good-sized loin of pork, score it as if for cooking immediately, and rub it gently over with powdered sage. Then put into an earthen pan one quart of Tarragon vinegar, and the same quantity of cold water, with two ounces of peppercorns, a clove of garlic, and two tablespoonfuls of chopped fresh sage. Immerse the pork in this liquor for three days. Then take it out, and rub again with sage, cover the skin with a buttered writing-paper, and put it down to roast, basting continually with the liquor in which it has been soaked. Allow rather more than twenty minutes for each pound of meat in the cooking. Take half a pint of the basting liquor from the dripping-pan, and heat in a saucepan, with a slice of butter rolled in flour, half an ounce of sugar, a drachm of Cayenne, a saltspoon of salt, and a glass of port wine, and send in this sauce with the pork, which will then have much of the flavour of the wild boar, so highly esteemed in Germany.

In France it is sometimes steeped in claret instead of vinegar and water, and baked, covered with bay leaves, instead of roasted, a Seville orange stuck with cloves being baked in the liquor with it.

732. To roast a Shoulder or Hand of Pork.

The best way to roast a hand of pork is to bone it first; sprinkle the under side with powdered sage, seasoned with pepper and salt; then roll it tight, dredge it with flour, and baste with butter. If of a moderate size, two hours will roast it. Serve it with apple, or currant jelly sauce.

733. To roast a Fore Quarter of Pork as Lamb.

At a season when lamb is with difficulty procured, a young porkling not more than five months old may be killed, and the fore-quarter cut as lamb. Truss it with the shank close; roast and serve it with mint sauce, and it will not be easy to distinguish it from lamb. The rest of the meat may be used for chops, or pies, and the legs dressed in the same way as the shoulder.

734. To dress Pork Griskin.

The griskin is sometimes roasted in the same way as the leg, but it is usually hard, and the best mode of dressing it is to parboil it; then immediately put it into a Dutch oven, dredged with powdered sage, seasoned with salt and pepper; cover it with pieces of butter, and let it be thoroughly grilled and served in the gravy.

735. To boil a Leg of Pork.

A leg of pork intended to be boiled should be salted for a few days before it is cooked. Put it into a deep earthen dish; cover it well with salt, and turn it over every day for eight or ten days; if it be intended to be cut cold, add half an ounce of powdered saltpetre to the salt, which will give it a deeper colour. Before cooking, wash it in cold water, then put it on the fire, and let it simmer slowly till thoroughly done, but not too much, or the flavour will be destroyed. A joint of seven pounds will take three hours of slow simmering.

The skin should be scored in squares of about half an inch, and the alternate pieces of skin taken off. Serve it with peas-pudding, or turnips and carrots.

736. To grill a Bladebone of Pork.

This is usually taken from the full-grown bacon hog ; but dressed fresh. Very little meat should be left upon the bone, which must be seasoned well with pepper and salt, and broiled quickly ; have ready two ounces of butter, blended with a teaspoonful of mustard ; put it upon the grill, and serve immediately.

737. To fry Pork Chops.

The chops should be cut from the loin or neck, about half an inch in thickness. Cut off part of the fat and trim the chops very neatly. Fry them in a little butter, turning them frequently till quite brown, and thoroughly done, which will be in about fifteen minutes ; and before serving, sprinkle with pepper and salt, and a little powdered sage. Send them in without gravy, with sauce Robert or apple sauce.

738. To fry Pork Cutlets.

Put into the frying-pan two ounces of butter, a teaspoonful of powdered sweet herbs, and the same quantity of finely chopped sage and of onion. Fry them for a minute, then beat up two eggs with a saltspoon of salt, and mix with the fried herbs. Have ready the cutlets, half an inch thick, beat and neatly trimmed, dip each cutlet into the egg and herbs, and then into fine bread-crumbs, and fry for fifteen minutes. Serve with good gravy.

739. To broil Pork Chops.

Have a very clear fire, and the gridiron hot before you lay your chops on it. Cut them of the usual thickness, pepper and broil them for sixteen minutes, turning them continually ; when nearly done, throw a little salt on them, and rub them with butter. If not served immediately and quite hot, they are not good. Send them in with sauce Robert.

740. Savoury Chops.

Cut and trim the chops as usual. Then mince the fat and trimmings with a slice of fat bacon and put into a stewpan with

a tablespoonful each of chopped sage and chopped parsley, a clove of garlic, a saltspoon of salt, and half as much Cayenne pepper; put in the chops and let them stew slowly for a quarter of an hour. Take them out upon a hot dish, and keep them hot, add to the seasoning two tablespoonfuls of veal broth, half a tablespoonful of lemon-juice, then strain and skim off the fat, and warm up the sauce with a glass of port wine and pour over the chops.

741. *To scald a Sucking Pig.*

The moment a young pig is killed, which should always be on the morning of the day on which it is to be used, put it into cold water for five minutes, then rub it over with a little powdered resin, and plunge it for half a minute into scalding water. Begin as quickly as possible to pull or scrape out the hairs till it is perfectly smooth. When this is done, wash it in warm water, and afterwards in fresh cold water two or three times that no grain or flavour of the resin may remain. Take off the feet at the first joint, rip up the belly, and take out the entrails; putting aside for use the liver, lights, and heart. Then wash and dry it thoroughly, and fold it in a damp cloth till the time for dressing it. A sucking pig is in the greatest perfection when about three weeks old. Some cooks contend that the pig should be singed, and not scalded, as the flesh is preserved firmer in the former practice; but it is almost impossible to procure the smoothness necessary to render the crackling perfect, unless the hairs are actually plucked out.

742. *To roast a Sucking Pig.*

Make a stuffing of five ounces of fine bread-crumbs, two ounces of finely minced sage, two good-sized onions, minced, three ounces of butter, a saltspoonful of salt, and half as much Cayenne; bind the mixture with the yolk of an egg, fill the body of the pig with it, and sew it up. Truss it like a hare, with the fore legs drawn back and the hind legs forward. Rub it over with butter or fresh salad oil, and spit it before a clear, brisk fire, at such a distance that the crackling may not be scorched or blistered. Baste or rather rub it continually with oil or butter as it is roasting. The ends require more roasting than the middle of the body; it is

therefore usual, when half roasted, to place a pig-iron in the centre of the grate, or a common flat-iron will answer the same purpose. A pig of three weeks old will require an hour and three quarters to roast it. When quite ready, cut off the head before you take it from the fire, divide it in two and take out the brains, which add to the gravy which has dropped from the pig. Then take up the body and split it up the back before you draw out the spit; draw out the stitches and quickly chop up the stuffing and mix with the brains and gravy, add to it half a pint of good veal gravy, or melted butter and a glass of sherry, and send this sauce up hot in a tureen. Dish the pig up flat on the dish with the back in the middle, the two pieces of the head at the ends, and the ears at the sides. Some families like to have the old currant sauce served with roast pig.

743. *To bake a Sucking Pig.*

Dr. Kitchiner, who is high authority, recommends that a pig should be baked, as a less troublesome process than roasting, and that the baker should be supplied with a quarter of a pound of butter to renew the basting. But this is unnecessary; let the pig be prepared, stuffed, and trussed as for roasting; then brush it completely over with well-beat white of egg, and send it to the oven. The egg will protect the crackling, which will be perfectly crisp, and no basting will be necessary. Finish it for the table in the same way as roast pig. An hour and a half will bake it.

744. *Galantine of Sucking Pig.*

Scald and clean the pig; then bone it, and spread it flat and open; cover the inside with a veal stuffing; over this lay alternate thin slices of ham and fat bacon, then a layer of truffles and hard boiled eggs, and finally another thin layer of forcemeat. Roll it up carefully, so that the layers be not displaced, cover the outside with thin slices of fat bacon, then bind and tie it firmly up in a thin linen cloth, and simmer it gently for three hours just covered with equal quantities of veal broth and sherry or Madeira, seasoned with a dozen peppercorns, a bunch of sweet herbs, and a clove of garlic. Take it out into a deep dish, and pour the liquor in which it was boiled over it.

and let it cool, and the reduced liquor will form a jelly, which must be cleared, and if not sufficiently firm, made consistent with a little isinglass, and served round the cold galantine.

745. *To dress Sucking Pig en Blanquette.*

Take the remains of a cold roasted pig, remove the skin, and cut up the meat into small neat slices, put into a stewpan two ounces of butter, three or four sliced mushrooms, a bunch of parsley, and one of sweet herbs, a clove of garlic, a blade of mace, a teaspoonful of salt, and a drachm of Cayenne pepper ; dredge over these a little flour, and shake over the fire for two or three minutes ; then add half a pint of veal broth and two glasses of white wine, and simmer gently till half reduced ; then take out the herbs and put in the meat, with the yolks of three eggs well beat, and a tablespoonful of lemon juice. Let the meat become hot, but take care it does not boil. Serve it in the sauce.

746. *Pig's Pettitoes.*

Clean them scrupulously ; then put them with a small piece of bacon, the liver, and the heart, in as much water as will cover them, and let them simmer gently with half a dozen peppercorns and a blade of mace for ten minutes ; then take out the liver and heart and mince them ; but the feet will require twenty minutes to become tender : when done, put the mince back into the stewpan, roll two ounces of butter with flour, and add it with half a teaspoonful of salt and a tablespoonful of cream. Let it simmer a few minutes ; then serve the mince in the sauce, with the feet laid upon it, and sippets round it.

747. *To fry Sucking Pigs' Pettitoes.*

Parboil them, as in the preceding receipt ; then dip them in batter, and fry them a light brown. Serve dry on a napkin.

748. *To fricassee the Feet and Ears of a Porker.*

The feet and ears of a full-grown pig are usually kept a few days in salt before they are used, and, if intended for brawn, in vinegar ; but this must not be used when the feet are to be

dressed in any other way. Clean and cut up the feet into small dice, simmer them in milk for three quarters of an hour ; then take the meat out and put into a stewpan with half a pint of veal broth, a blade of mace, a small piece of lemon peel, and an eschalot ; simmer for ten minutes ; then add an ounce of butter rolled in flour, a large saltspoonful of salt, and two tablespoonfuls of cream. Shake round and serve with sliced lemon round.

749. *Pig's Feet and Ears in Jelly.*

Clean them carefully, and soak in cold water for two hours ; then cover them with water, and simmer for three hours ; draw out the bones, add a tablespoonful of finely-shred sage, the same of parsley, half a teaspoonful of salt, a drachm of Cayenne, and twice as much powdered mace ; simmer for another hour till the whole be reduced to a jelly ; then pour into a melon-form to stiffen and turn out to serve cold.

750. *To roast a Porker's Head.*

Take the head of a young porker, not more than six or seven months old, fresh killed ; clean it thoroughly, cut off the snout and open it, fill it with the same stuffing as that used for a sucking pig, and sew it up ; then rub over with butter, and serve it in the same way as the sucking pig, and with the same sauce.

751. *To collar a Porker's Head.*

Scald and clean the head, removing the hair and snout, the eyes and brain. Let it remain in cold water one night ; drain and cover it with salt mixed with an ounce of saltpetre, and let it remain five days ; then put it on the fire in cold water, and let it simmer till the bones can be easily drawn out ; then split it, and place the thin end of one side to the thick end of the other to make the roll of equal sizes ; dredge it with mixed salt and pepper, and roll it with the ears ; bone the feet and arrange round it, and fold in a linen cloth, binding it with a broad tape ; simmer it over the fire for two hours ; then take it up, and place a weight upon it ; leave the binding round it till it is cold. Serve on a napkin as brawn.

752. *Mock Brawn.*

This is made of the under, or belly part of the pork, which must be salted as in the last receipt. Put it in cold water with two cow-heels, and simmer them for an hour; take them out and bone them; dredge the whole over with a seasoning of Cayenne and mace; then roll up the pork and heels together firmly in a linen cloth; bind with tape, and simmer for two hours. Leave them in the binding till cold; then immerse the brawn for a day or two in a pickle of equal parts of vinegar and water, with two ounces of salt, the same of sugar, and three or four cloves. Take it out, dry, and send it in cold for lunch or breakfast.

753. *To fry Pig's Liver.*

The liver of a well-fed pig, not more than a year old, may be dressed, like the calf's liver, in many forms; but is commonly fried. Cut the liver when perfectly fresh into neat slices, sprinkle each piece well on both sides with a mixture of pepper, salt, and powdered sage. Fry in plenty of oil or butter till light brown; it will require a quarter of an hour to cook the liver well; then slice two middle-sized onions finely, and when the liver is taken out, place it on a hot dish before the fire till you fry the sliced onions a minute or two to throw over the liver; and finish by heating some brown gravy in the same pan to pour upon the dish.

754. *To fry Pigs' Kidneys.*

Mix together an equal proportion of salt, pepper, chopped parsley, and chopped onions; cut the kidneys in slices, dip the pieces in clarified butter, then in the mixture of herbs; fry in plenty of butter about a quarter of an hour. Put the kidneys into a hot dish, add to the butter in the pan a tablespoonful of strong brown gravy, and the same quantity of Madeira. Shake the pan round till the sauce be hot; then pour it over the kidneys, and serve hot in a covered dish.

755. *To broil Pigs' Kidneys.*

Split them open lengthwise, but do not separate the parts; score them and sprinkle over them a little pepper, salt, and

PORK, BACON, AND HAMS.

powdered sage. Run a thin wooden skewer through to keep them from curling on the gridiron ; brush them over with oil, and broil them over a brisk fire, the cut side first, that the gravy may be kept in when they are turned. Five minutes' broiling on each side will cook them perfectly.

756. *Bacon and Ham.*

In large families in the country where cows are kept, it is always good economy to feed a pig for bacon ; the surplus milk, with a proportion of barley meal, will fatten the pig in a very short time, and no bacon is so good as that which is home fed.

The bacon hog is cut up somewhat differently from the porker. The chine or backbone is cut down on each side the whole length, and, roasted or boiled, is a prime part. The sides are salted for bacon ; but the inside, or spare-rib, is cut out, with very little meat to the bone ; though some prefer to leave the spare-rib attached to the side, thinking the bacon is better protected and preserved by it. The fore leg, or shoulder, is generally left to the side, and salted with it ; but the hind leg, called the ham, is cut off, and cured separately.

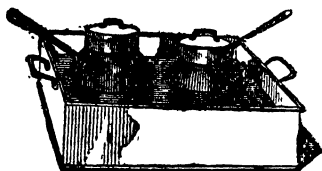
All the inner fat is put aside to be melted for lard, and the pieces cut off in trimming the several joints are valuable for making sausages, or the highly esteemed pork-pies. The head is divided, and the cheeks, as they are called, are salted ; in fact, to the careful housekeeper, every inch of a bacon-hog is valuable.

As soon as the meat is cut up, a little salt should be thrown over it, and it should be hung up in a cool place for one or two days, according to the season, that every drop of blood may be drained from it before the process of curing be commenced.

757. *To prepare the Lard for use.*

The lard of the hog, if properly melted and used quite pure and fresh, is exceedingly useful for frying fish, and also for common pastry. It is always best melted in a vessel called a *Bain-marie*, which is nothing more than a small saucepan made to fit into a large one, leaving room for boiling water in the outer vessel, which is kept boiling on a stove or hot plate, and

the contents of the inner pan preserved from being scorched, or burnt. Cleanse the fat from all skin and blood ; cut it in



BAIN-MARIE.

thin slices into the pan, and let it simmer and dissolve slowly, pouring it off, and straining it into jars as it liquifies. Let the jars be small, for the lard should be used as soon as opened, or it acquires a strong taste. When perfectly cool, cover the jars with bladder, and keep it in a cool, dry place for use.

758. *To salt Bacon and Hams.*

The most certain and effectual method of curing bacon is the old plan of rubbing the salt in with the hands ; but it is objectionable for the labour it requires, and the necessity of superintendence that the work may be performed with care and cleanliness.

The proper proportion of salt to rub in is, for twelve stone of meat, thirteen pounds of salt, fourteen ounces of powdered saltpetre, and half a pound of coarse sugar. Mix it well, and dry it before the fire, then rub in thoroughly as much of the salting as the meat will imbibe, and placing it on dishes in a cool place with the rind downward, cover it with the remainder of the salt, putting a good deal about the knuckle of the ham. Turn the meat over, and wash in the brine every day for a fortnight or three weeks, according to the thickness of the parts. Then take them out of the brine, and hang up in a cool place for a day or two till the salt form a dry coat on the outside, when the bacon and hams may be stored in a chest amongst bran or clean straw. The sides may be used in a month or two ; but the hams should be kept at least twelve months ; and

if properly cured and preserved are better every year they are kept.

In Wiltshire, a celebrated bacon county, the meat is cured with the same proportion of salt, &c. ; but is but slightly rubbed, and is then placed in a pickling tub, with part of the salt laid at the bottom of the tub, and the rest placed between the pieces of meat which are packed close and covered with a board, on which is placed a weight, so that when the brine rises the meat may be kept beneath it. Take it out in a month, dry it, sew each ham in a wrapper, and hang them in the chimney of a fire where wood only is burned for two or three weeks, when they may be stored.

759. *To cure Hams.*

In all cases the ham should be hung up a day or two after the hog is cut up, then sprinkled with salt, and drained for another day. For a ham of eighteen pounds weight prepare a mixture of two pounds of salt, four ounces of saltpetre, and one pound of coarse sugar ; pound all very fine, and rub it over the ham. Then lay the ham in a dish, the rind downwards, and put all the remainder of the salt on the fleshy part. As the brine runs off, wash the ham over with it frequently for four weeks, turning it every day. Then drain it, throw bran over it, and smoke it in the chimney of a wood fire.

If you wish the ham to have more of the Westphalian flavour, boil the mixture as in the last receipt in a quart of strong beer, adding an ounce of black pepper, and an ounce of all-spice, finely powdered. Let the liquor cool, and pour it over the ham in a deep vessel. Turn it twice a day for three weeks. Then drain and smoke it ; or to give a still higher flavour, select a small ham of twelve pounds weight, sprinkle with salt and hang it for three days, and then let it drain. Make a pickle of a quart of strong beer, half a pound of treacle, two ounces of juniper berries, an ounce of pepper, an ounce of all-spice, a pound of common salt, an ounce of saltpetre, and a head of shalot. Cut and pound all fine. Boil the mixture for five minutes, let it cool, and pour it over the ham. Rub and turn it frequently for a fortnight, then sew it in linen and smoke it three weeks. In large establishments for curing bacon, there is usually a chamber for smoking, so constructed

that the meat imbibes the flavour of the smoke without suffering from the heat of the fire, which should be made of pine wood. It is always desirable to smoke the ham at a considerable distance from the fire.

760. To pickle Hams or Cheeks.

To two gallons of cold water, put two pounds of coarse sugar, four pounds of salt, and half a pound of saltpetre, in a stone pickling pot, with a close fitting cover. Do not boil it. Keep the hams hanging three or four days, and before you put them in the pickle, sprinkle them with coarse sugar, but let it drain off. Wash the hams or cheeks well in the pickle; and pack them closely in the vessel, quite covered by the brine. A ham may remain in this pickle from fourteen to twenty days, according to the size, and, if not large, will be very good cooked out of the pickle. If to be dried, each piece must be drained for a day, then dried thoroughly with a clean sponge, and hung up to smoke or dry for a few days, before storing.

761. To pickle Hams with Vinegar.

Rub the hams well over with salt, as soon as the pig is cut up, and leave them covered with salt for three days. Then prepare a fresh pickle in a proper earthen pan, of half a pound of coarse sugar, one pound of salt, and one ounce of saltpetre to each ham of about sixteen pounds weight; let this pickle be well rubbed over the ham, and leave it in the pan to lie two or three days, with the skin downwards; then pour over the ham three half-pints of good vinegar, and leave it for a month, after turning it over in the brine. At the end of that time, take it out, drain, flour it over, and hang in a dry, cool place, or smoke it if you like the flavour. It will be fit for the table after it has been hung a month.

It is advisable to cure two or more hams at the same time, increasing the pickle in proportion. The vinegar communicates a fine flavour to the ham.

762. To boil a Ham.

To render a ham tender and to remove the coarser saline flavour, it is necessary that it should lie in tepid milk and water

from twelve to twenty-four hours, according to the time it has hung. A *green* ham, as it is called, that is, one cured very recently, need not be soaked more than from four to six hours. Then trim, scrape, and brush it neatly, and put it in a large boiler over the fire with plenty of cold water to cover it. Let it heat very slowly, and remove the scum carefully as it rises, being watchful that the water does not heat above a simmer. Throw in a bunch of herbs, two or three carrots and onions, and two heads of celery. Keep the boiler simmering till you can probe the ham easily with a larding pin, which is a proof that it is done enough ; but a good-sized ham will require five hours to boil it properly. When you take it out, place it on a drainer over hot water, and draw off the skin carefully. If the ham is to be served hot at a large dinner, it is usual to glaze it, or sometimes to cut portions of the skin into ornamental forms to decorate it. If you do not cut it up, it is well to keep the skin whole for the purpose of covering the ham when set by cold, as the moisture is thus preserved. If not braised, dredge fine raspings of bread over the ham, put a frill of cut paper round the shank, and garnish with stewed spinach, carrots, or savoury jelly.

763. *To dress a Ham in the German mode.*

Prepare and soak the ham as in the preceding receipt, and put it into the boiler with a quart of strong beer and a pint of vinegar, mixed with as much cold water as will cover the ham. Let it simmer slowly, and remove the scum till no more rises ; then add a bunch of herbs, parsley, and two onions, and continue to simmer for four hours, if a good-sized ham. Take it out and drain and skin it ; then cover it with fine raspings or the grated crust of bread, and set it into an oven for an hour to finish the cooking, and communicate the flavour of the ham to the raspings outside.

764. *To boil a Ham in the French mode.*

Soak and prepare the ham for boiling, put it into a stewpan that will just contain it, with equal quantities of water and any white wine ; Madeira is considered the best. Let it be completely covered, add a bunch of young onions, a bunch of thyme, and a sprig of parsley, with three or four cloves. Let

it stew gently for half an hour longer, in proportion to the size, than if boiled in water. Then take it off, and let it cool in the liquor in which it has been boiled. Remove the rind and strew over the ham first a mixture of finely-shred parsley and pepper, then cover it with fine raspings of bread, and pass a salamander over, that the crumbs may be richer and of a



SALAMANDER.

finer colour. This is a most delicious, though extravagant, mode of dressing a ham.

765. *To roast a Ham.*

Trim the ham, and soak it for twenty-four hours to remove the salt. Then put it into a deep earthen pan with three onions and three carrots sliced, and half an ounce of black pepper. Pour over it a bottle of light French wine, cover it closely up, and let it remain in this *marinade* twenty-four hours. Then roast it before the fire, basting it with the *marinade*. It will require from four to five hours to be well cooked. Skin it, and braise the ham over, and in the meantime reduce the *marinade* and gravy over the fire to a sauce, and pour it round the ham when served.

766. *To bake a Ham.*

Many people think a ham is never so thoroughly well cooked as in the oven. It should first lie in cold water for twelve hours, then in warm milk and water for half that time. Cover it entirely with coarse paste, so that none of the gravy may escape, and place it on a baking-dish. Bake it in a well-heated oven for four or five hours, according to size. When taken from the oven, remove the paste and the skin, brush it over with white of egg, cover it with raspings, and brown for a few minutes before the fire.

767. To boil a Cheek, or part of the Gammon of Bacon.

Cut a square piece sufficient for a dish from the thick part of the side of bacon, soak it for two hours in warm water, then put it on the fire in cold water, and let it simmer till you can probe it easily with a larding-pin, skimming off the fat as it rises. It will require about three quarters of an hour for each pound of bacon. The cheek of bacon, which is a very sweet and delicate part, ought to be dressed in ten days or a fortnight after it is salted, and will not require so long soaking as the dried bacon. It must be boiled in the same way.

All bacon must be skinned and grated over with brown crumbs, and is usually served with greens.

768. To broil Slices of Ham.

Cut the slices not more than half a quarter of an inch thick, broil them for six or eight minutes over the fire, and serve with anything that requires the addition of a zest ; veal, fowl, or poached eggs are usually accompanied by broiled ham.

769. To broil or fry Rashers of Bacon.

Cut the bacon as thin as possible, remove the rind, then fry, broil, or toast before the fire in a Dutch oven, in which case the slices should not be more than two inches long, that every part may be equally done. They should be curled round and fastened with small wooden skewers. The bacon usually sent in at breakfast, and which should be cut from that part of the side which is streaked, fat and lean, is always neatest when toasted and curled.

770. To warm Rashers of dressed Bacon.

Cold boiled bacon or ham may be profitably used by cutting it in slices of a quarter of an inch in thickness, covering each slice with raspings of bread on both sides, and then browning them in a Dutch oven for about three minutes, turning them that each side may be properly toasted. Many prefer a broil of bacon that has been previously boiled, considering it more tender and mellow than when broiled from the flitch.

771. *To mince Ham.*

Take half a pound of lean cold dressed ham, mince it very fine, put it into a stewpan with a quarter of a pint of veal stock, two tablespoonfuls of cream, a blade of mace powdered, and a drachm of Cayenne. Cut a slice of bread the size of the dish, without the crusts, fry it in butter of a light brown colour; lay the toast on the dish, and pour the mince over it. This is a nice supper-dish.

772. *To pot Ham.*

Take a pound of the lean of cold boiled ham, cut it in pieces, and pound it in a mortar with four ounces of unsalted butter till it is a fine smooth paste, adding to it by degrees as you pound it one quarter of an ounce of mace powdered, and half as much Cayenne. Put it down in small pots, and run over them clarified butter, lukewarm only, about a quarter of an inch thick. For breakfast it is usually sent up in pots, and when cut out in slices makes excellent sandwiches.

773. *To make Black Puddings.*

Though black puddings are rarely introduced to refined society in these days, they still form a favourite Christmas dish in the country, where pigs are fed for the table, and we must not omit directions for making them in our manual.

When a pig is killed, a quart of the blood must be set aside till perfectly cool; then add to it a quart of whole grits, which have been soaked in water twelve hours. Pour over the crumb of a quartern loaf two quarts of warm new milk, and let it remain till the milk is nearly absorbed; then mix all together. In the meantime the gut must be made perfectly clean, by scraping and washing many times in salt and water; very fastidious persons wash the skins finally in rose-water, but this communicates a flavour not pleasant to every one. Prepare a seasoning of a large tablespoonful of chopped thyme, the same of winter savoy, the same of onion, half as much penny-royal, a tablespoonful of salt, half as much black pepper, a dozen cloves, a quarter of an ounce each of ginger, allspice, and nutmeg, pounded. Then beat up the grits and bread-crumbs with two pounds of finely-chopped beef suet, six well-beaten

eggs, and the seasoning. When well mixed, have ready two pounds of the inner fat of the hog cut in dice, and begin to fill the skins, putting in the fat at proper distances ; the skins must be only half filled, as the mixture will swell, and must be tied in links, and pricked with a small pointed fork, then boiled for one hour, and when taken up, laid on a napkin to cool, and then hung up for use.

They are prepared for the table by simmering over the fire for ten minutes, and then toasting for the same time in a Dutch oven. They should be served on a napkin.

774. *Yorkshire Black Puddings.*

Boil a quart of half-grits, in as much new milk as will cover them the whole time, for half an hour. Drain the grits, mix with them half a pound of bread-crumbs, also boiled in milk, and add a quart of blood and a pint of good cream ; stir all together with a pound of finely-minced suet, chopped parsley, half a tablespoonful of penny-royal, sage, thyme, marjoram, the same quantity of each, two leeks, and one onion, all chopped fine ; the seasoning as in the preceding receipt. Then beat eight eggs and thoroughly mix the whole ; add, as you fill the skins, two pounds of the fat in dice, and boil as before directed.

These black puddings when lightly broiled are very rich, and much approved.

CHAPTER XIV.

GAME.

GAME comprehends all wild animals fit for the table, from the wild boar and the deer to the lark and the delicate *Becca fica*. All game requires more than common care in the cookery, and judgment in the time when it is fit for the spit. Venison cooked soon after it was killed would really be no better than tough mutton; and a pheasant, unless kept till the last safe moment, till it is, as the French say, *bien mortifiée*, is usually reckoned no better than a barn-door fowl. The snipe and woodcock especially require the management of an experienced *artiste*, or they cannot be ranked among the choice *morceaux* of the epicure.

VENISON.

No game is so valuable for the table as the delicate flesh of the deer, known as venison; and the noble haunch is, when in season, an essential part of every aristocratic banquet. The less valued parts are usually to be purchased at a moderate price, and these, when well cooked, form an agreeable and handsome addition to the table. Buck venison is most approved; it is in season from June to October; doe venison comes in only in October, and continues in season to the end of the year. No meat requires so much care in killing and in preserving; the haunch especially should be brought into the larder as soon as cut up, the kernel of fat taken out, the part from whence it is removed wiped quite dry, and a little pepper and ginger rubbed in, and dusted over the whole haunch to



W. L. Rich
Punch at Venus in
banded boxes cold
W. L. Rich with lemon

keep the flies off. Venison ought not to be killed too young, or it has not acquired the true flavour; it should be in good condition, that the fat may lie deep, white, and firm; the lean should be darker in colour than mutton; and it is usual to keep the haunch as long as it is possible to preserve it untainted, that it may be the more tender. It must be hung in a cool, airy larder, and carefully wiped every day; taking every care to keep the flies from it by wire-gauze guards, and dusting over it powdered ginger and black pepper.

775. *To roast a Haunch of Venison.*

A haunch of venison usually weighs from eighteen to twenty-five pounds; if smaller, it is not in perfection. When it is to be dressed, wash it thoroughly, but quickly, with luke-warm water, and dry it with a soft napkin; then cover it entirely with well-buttered, thick white cartridge paper, over which lay a coarse paste of bread, meal, and water, and then another covering of strong paper tied firmly round with packthread. Have a hot clear fire when you put down the meat, and begin immediately to baste the outer paper; continue to baste it plentifully the whole time it is down. A haunch of twenty-five pounds will take four hours and a half to roast,—less, in proportion to the weight. Forty minutes before it is done, cut the string, and carefully remove the outer covering and the paste; a few minutes after, take away the last paper from the meat; dredge it lightly with flour, and continue to baste plentifully with butter till done; then dish the venison on a hot-water dish, with cut writing-paper round the shank. Serve with it strong gravy of venison, in a tureen, and currant jelly. Boiled French beans usually accompany it.

776. *To roast a Neck or Shoulder of Venison.*

The neck or shoulder may be roasted without the paste. The shoulder should not be separated from the neck till the buck is cold and stiff, and then cut and raised as a shoulder of mutton is, or both joints are spoilt in appearance. Currant jelly should be served with either of the joints as with the haunch.

777. *To stew a Shoulder of Venison.*

Let the meat hang till it be perfectly tender, then bone it, beat it flat, and cover with thin slices of fresh fat from the loin of mutton ; and, a mixture of two tablespoonfuls of salt, half a teaspoonful each of Cayenne and powdered mace, one clove, pounded, and a teaspoonful of powdered sugar. Roll up the meat and bind it with tape ; lay it in a stewpan, and cover with good beef or mutton stock, and two glasses of port wine, and stew gently for three or four hours, according to size. Then take off the tape, strain the gravy ; mix with part of it another glass of port wine, and pour it over the meat. Serve with currant-jelly sauce.

778. *To marinade a Shoulder of Venison.*

Bone the shoulder and flatten it ; cut part of the meat from the neck, and pour over both a pint of vinegar in which a teaspoonful of black pepper has been mixed. Let the meat lie twelve hours in the *marinade*, then mince the meat of the neck with a quarter of a pound of fat bacon, season with a drachm of Cayenne, and as much powdered mace. Lay the meat on the inside of the shoulder, and roll it up very tight and skewer it. Roast it for two hours, or half an hour longer if large, and serve with gravy and currant jelly, like the haunch.

This is an excellent way of dressing the shoulder and neck ; the breast is commonly made into a pasty.

779. *To hash Venison.*

Cut any part of cold roast venison into neat thin slices ; put all the trimmings and bones into a saucepan, with a pint and a half of water, an onion, and a seasoning of two teaspoonfuls of mixed pepper and salt. Let them stew for two hours, then strain off, thicken with two ounces of butter rolled in flour, and a tablespoonful of currant jelly ; simmer for ten minutes, then strain again ; put in the meat, and let it stand at the side of the fire till perfectly heated. Serve on a hot dish, with sippets. If you wish the hash very good, use strong gravy instead of water for stewing the bones, and finish with a glass of claret or port wine.

780. *Venison à la Daube.*

Cut three pounds of meat in slices from the neck or breast, and trim neatly ; put all the rest, bones and trimming into a *bain marie*, with a pint and a half of beef stock, an eschalot, cut in pieces, half a pound of bacon, minced, a teaspoonful of salt, a drachm of Cayenne, two cloves, pounded, and a teaspoonful of sugar ; let them stew gently for two hours. Fry the meat in butter, and when you have strained the gravy, put them together, with a glass of port wine, and simmer for a quarter of an hour. Then serve the meat arranged round the dish, and the gravy poured over.

781. *Venison Cutlets.*

Cut from the neck neat cutlets, brown them for ten minutes in a stewpan with butter ; add a quarter of a pint of good gravy, a tablespoonful of vinegar, pepper, and salt, two glasses of port wine, or claret, and an ounce of butter, rolled in flour. Stew very gently for twenty minutes, then dish the cutlets round a mound of stewed French beans, and strain the gravy to pour over them.

782. *Venison Steaks.*

Cut the steaks from the neck ; and trim them neatly ; season them with a little salt only ; put them in buttered papers. Butter the bars of the gridiron, and broil the steaks for ten or twelve minutes over a slow fire, frequently turning them to preserve the gravy. Serve with a teaspoonful of currant jelly laid on each steak.

783. *To roast a Fawn.*

A fawn must not be kept like venison, but dressed soon after it is killed. If not too large, it is generally trussed for roasting like a hare, filled with hare-stuffing, rubbed over with butter, larded with fat bacon, and covered with buttered paper. It must then be spitted like a hare, and basted continually. It will take an hour and a half to roast it ; but when half done, the paper and larding must be removed, the fawn dredged with flour and a little salt, and basted as before till quite ready. It may be served with good gravy and currant jelly, or still better

with the sauce (No. 44). A very young fawn is delicious dressed in this way whole ; but when older, must be roasted in quarters, cut like lamb. The hind quarter is the choice part, and ought to be roasted with a covering of bacon and paper, like the whole fawn, and served with the same sauce.

784. *To hash Fawn.*

Put into a stewpan a pint of good gravy, half a dozen mushrooms, an eschalot, and an ounce of butter rolled in flour, pepper and salt ; simmer half an hour, strain the gravy, have the meat cut in neat slices, and put in. Keep the stewpan at the side of the fire that it may not boil ; add a glass of port wine, a teaspoonful of lemon-juice, and a teaspoonful of sugar. Shake all together for five minutes, then serve.

785. *Kid.*

Though the flesh of the goat is rejected in England, that of the kid is delicate, and when carefully prepared and cooked, resembles game, and is a useful resource for making out a dinner. If very young, it is best to dress it whole, and it should be soaked for twelve hours in a *marinade* of a pint of vinegar, a pint of cold water, half a pint of port wine, two ounces of salt and one ounce of brown sugar. When taken out it should be hung up for a day or two, washing it several times with the *marinade*.

786. *To roast Kid.*

After the kid has been marinated as directed, either whole, or in joints, it must be rubbed over with butter, if whole, stuffed like a hare, and roasted in writing paper as directed for a fawn, about the same time. Any sauce for hare or venison may be served with it.

787. *To hash Kid.*

Make a good gravy as for fawn, and slice the kid into it ; add the port wine, lemon, and sugar, and serve with French beans or spinach.

788. *Kid à la Poulette.*

Instead of the marinade, the kid must be prepared by soaking in milk and water, in which two ounces of salt have been dissolved, for six hours. It must then be larded and half roasted, and when cold, cut a neat piece from the joint, leaving the rest to hash. Put the piece into a stewpan with a pint of good veal stock, two ounces of butter rolled in flour, an eschalot, a sprig of parsley, half a dozen mushrooms, a teaspoonful of pepper, twice as much salt, and a blade of mace pounded. Stew all gently for an hour, then take out the meat, strain the sauce, thicken it with the yolk of an egg beaten with two tablespoonfuls of cream, and pour over the kid. Serve with sliced lemon.

789. *Wild Boar.*

The highly-valued flesh of the wild boar is frequently sent to England for special occasions, and, as it requires hanging long to render it tender, does not suffer from the voyage. The only parts used are the sides and the hams, and the head prepared as the ancient Christmas dish.

790. *To roast the Ham of the Wild Boar.*

Though the ham of the wild boar is delicious when cured and smoked, it may be dressed fresh, and is then an excellent dish.

Take a ham that has hung ten days or a fortnight, remove the rind, and *marinate* it for three days in equal parts of vinegar and water, a pint of sherry or Madeira, two ounces of salt, half an ounce of pepper, and a bunch of sage. Then cover it with paper soaked in oil, and roast for two or three hours, according to size; baste it with the marinade constantly. When nearly done, take off the paper, and let the fat slightly brown. Grate a crust of bread over it when dished, and serve it hot, with green vegetables round, and good gravy mixed with some of the *marinade* boiled up with an eschalot and strained off.

791. *To fry Boar Cutlets.*

Cut the flesh into neat cutlets and lay in an earthen pan for two hours, covered with equal parts of vinegar and white wine,

a head of garlic, and two teaspoonfuls of salt. Take out the cutlets, and dry them with a soft napkin ; strew over them a mixture of finely-chopped parsley, thyme, and sage ; fry them in butter, from fifteen to twenty minutes. Take them out, and pour a portion of the marinade into the pan ; let it mix with the butter and heat ; then pour it over the cutlets, and serve with sliced gherkins round.

792. *To dress a Boar's Head.*

Scald and clean the head, removing the hair and the snout. Bone it and lay it in a deep earthenware pan, with the tongue, two pounds of the meat, a dozen peppercorns, two ounces of salt, parsley, thyme, sage, an eschalot, and cover the whole with vinegar and water for three days. Then take all out and drain carefully ; cut the tongue and the pork into thin slices, roll them together, and fill up the vacancy made by withdrawing the bones and every interstice in the head, till it is quite filled and the form complete. Sew up the opening and tie the head in a cloth ; put it into a stewpan with the *marinade* and a pint of wine, a carrot, another ounce of salt, and four cloves. Let it stew gently for six or seven hours, then take it out, but do not remove the cloth or the stitches till it be quite cold. It must then be well glazed, the tusks stuck in their place, and the eyes filled up with white of egg and a small bit of beetroot to look natural. The head must always be sent in on a folded napkin.

793. *Hare.*

The hare is in season from September to March, after which leverets come in. A hare is an excellent addition to the larder, but it is necessary to use some judgment in cooking it. A young hare is very nutritious and easy of digestion, but an old hare is only fit to be made into soup. When young, the ears are tender and easily torn, and their flesh is also tender ; but if the ears be tough, the flesh will be the same. The claws of a young hare are smooth and sharp ; if they are blunt and rough, and the division of the lip widely spread, you may be assured the animal is old.

The longer you can keep a hare good the better it will be : in winter you may preserve it ten or twelve days by wiping the

inside quite dry and dusting it with pepper. As long as it remains stiff it will be good, but if it begins to grow limp, the sooner it is dressed the better. Always hang it by the forelegs.

794. *To roast a Hare.*

Skin the hare and wash it thoroughly, first in cold and afterwards in warm water. If the blood has settled to the neck, it will be necessary to make a small incision, and hold it in warm water till it escape. Then soak the hare for an hour in cold water, and if you have any suspicion that it may not turn out tender mix a pint of vinegar in the water; wash it again after it has soaked, and lard it. If young, these precautions are unnecessary. Wipe it quite dry and fill it with a proper hare stuffing (No. 199), sew it up, and spit it. Keep it at first a good distance from the fire, and baste it freely with new milk till half roasted; then bring it a little nearer, and baste continually and profusely with butter, or the outside will be scorched and hard. Before you take it up, dredge with flour, and froth the outside. It will require from one hour and a quarter to one hour and a half to roast it well. Serve it with good gravy on the dish and red currant jelly. Some families like melted butter poured over the hare, but it spoils the appearance.

795. *To roast a Hare boned.*

When trouble and expense are not regarded in cooking the hare, it may be much improved by boning, that is, by cutting away the backbone and drawing it through the opening below, and the bones of the thighs in the same manner. Then prepare more stuffing, that the body may be well filled out, and lard it. Truss the legs as usual. Spit and baste the hare entirely and continually with butter till half done; then put into the pan a pint of Madeira, and continue the basting. Dredge and froth; serve with gravy boiled up with the Madeira left in the pan and strained, and with currant jelly, or sauce, No. 44.

796. *To roast a Hare marinaded.*

Make a marinade of a pint of vinegar, as much water, a glass of port wine, an onion sliced, a sprig of parsley and

thyme, four cloves, a teaspoonful of pepper, and twice as much salt. Boil the *marinade* and let it cool ; then pour it over a young hare, skinned and gutted, but not stuffed. Let it remain twelve hours in the marinade, then roast, adding the marinade, when strained, to the butter with which you baste the hare. Serve with gravy and currant jelly.

797. *To jug a Hare.*

Skin and wipe the hare quite clean, then cut it up as it is carved at table, and lay the pieces at the bottom of a stone jugging-jar ; on these place half a pound of lean juicy beef, and half a pound of ham, then the bones of the hare, an onion stuck with four cloves, an eschalot, a bunch of herbs and parsley, a quarter of the rind of a lemon, two teaspoonfuls of salt, one of pepper, six cloves, and a blade of mace. Over these pour the juice of a Seville orange, or a lemon, and half a pint of port or claret. Cover the jar with bladder, and put it into a pan of boiling water up to the brim. This water must be kept continually boiling for four hours, filling up with boiling water, as it evaporates. Then take out the meat, strain the gravy, add two ounces of butter, rolled in flour, and put it into a stewpan with some balls of hare forcemeat, which have been fried in butter ; let them simmer in the sauce ten minutes, then put in the meat to become hot, and serve it with the gravy round it.

798. *To stew a Hare.*

Wash and soak a hare as if for roasting. Cut it in pieces and lay in a stewpan, with half a pound of ham in thin slices ; pour over it two pints of strong gravy, and stew very gently for three quarters of an hour. Then season with a teaspoonful of white pepper, a blade of mace, pounded, the thin rind of half a lemon, and a tablespoonful of mushroom ketchup or a glass of port wine. Simmer for another hour, then serve in the gravy with fried forcemeat balls of hare-stuffing added.

799. *Haricot of Hare.*

Prepare and cut up a hare as for jugging ; lay it in a stewpan, add to it the liver, minced, a clove of garlic, a bunch of

parsley and thyme, an eschalot, two ounces of butter rolled in flour, a pint of strong gravy, half a pint of Madeira or sherry, and a tablespoonful of Chili vinegar. Stew gently for an hour, then take out the hare, strain the sauce, put them together back into the stewpan ; add two turnips and two carrots, previously half boiled ; cut them in dice, and simmer all together for three quarters of an hour, then serve the haricot with the vegetables, and pour the thick sauce round it.

800. *To hash Hare.*

The remains of a cold roast hare make an excellent hash, quickly and easily prepared, when it is needful to add to a family dinner. Put into a stewpan the gravy left on the dish. Cut up the meat into neat pieces and set on one side ; laying the bones and trimmings in the stewpan, pour over them a pint of good gravy ; add a teaspoonful of salt, a drachm of Cayenne, and a tablespoonful of currant jelly ; stew all for a quarter of an hour, then strain off the gravy, and put into a stewpan with the meat, stuffing in slices, or in balls, an ounce of butter rolled in flour, and a tablespoonful of port wine. Simmer for a quarter of an hour very gently, and serve in the gravy with sippets round.

801. *A Civet of Hare.*

Cut off the meat from any remains of roast hare in small slices and put it aside ; pound the bones and trimmings with an ounce of butter, and put into a stewpan with a clove of garlic, two cloves, a teaspoonful of salt, and a drachm of Cayenne ; cover these with half a pint of gravy, a blade of mace, a lump of sugar, the juice of a Seville orange, and half a pint of port wine. Stew for half an hour till much reduced, then strain the gravy ; put in the hare, and let it simmer for five minutes to be quite hot. In the mean time boil, in milk and water, a dozen small onions, lay the meat on a dish and the onions upon it ; then pour the gravy over and serve. This is a favourite dish in France ; but in our opinion the flavour of the onions must destroy that of the hare.

802. *To broil Hare.*

The flavour of broiled hare is very fine. Any part left cold, the back, shoulders, or legs, make a delicate broil. Rub the

pieces over with butter, and season with salt and pepper, broil on a gridiron for eight or ten minutes; rub over again with butter, and serve with currant jelly or onion sauce, No. 32.

803. *To pot Hare.*

No meat is so perfectly well adapted for potting as hare, and none more delicious for a breakfast or supper dish. An old hare can be used for potting. Skin, clean, and bake it for three hours with as much butter as will keep the outside from becoming hard. Allow it to become quite cold, then cut all the meat from the bones, mince it, season with salt, pepper, pounded mace and cloves, in such proportion that no particular flavour shall predominate; be especially careful not to use an undue proportion of cloves. Then add the butter from the baking-dish, and if not sufficient to moisten the meat well, more butter, and pound it very smooth in a mortar, taking care to remove any pieces of sinew or outside; and when reduced to a fine paste fill your potting-pots, and cover with clarified butter.

804. *To roast a Leveret.*

A leveret is useful to send in as game after hares are out of season; it must be skinned, stuffed, and trussed like a full-grown hare, then larded and roasted: keep it well basted; but an hour is long enough for roasting. It may be served with hare sauce or currant jelly.

805. *Leveret à la Poivrade.*

Put into a stewpan two eschalots, a bunch of chives, a clove of garlic, a bunch of thyme and parsley, two cloves, a drachm of Cayenne, and a teaspoonful of salt: pour over them half a pint of vinegar, and a glass of port wine, and simmer gently for half an hour. Then strain off the liquor and restore to the stewpan with half a pint of stock, and a spoonful of brown *roux*. Slice the remains of roast leveret, and when the sauce has simmered for half an hour, put in the meat. Let it get thoroughly hot, then serve as an *entrée*.

806. *Rabbits.*

Rabbits are worthless unless young ; if old, the claws will be long and rough ; and the grey hairs mixed with the wool denote their age. If the body be stiff, and the flesh white and dry, the rabbit is fit for the table, and no game is more useful, from the various modes in which it may be delicately cooked.

807. *To boil Rabbits.*

This is the most simple and common way to dress rabbits. They must not hang more than three or four days. Skin and wash them well. Soak them in warm water, truss them, with the heads skewered to the sides, and put them in boiling water. Let them simmer gently from half to three quarters of an hour. Then serve with white onion sauce poured over them ; or if onions are not approved, a good white sauce round them.

When two rabbits are served together the head of one is laid in a contrary direction to that of the other.

808. *To roast a Rabbit.*

Choose a good-sized, but young rabbit, and after it is skinned and washed, wash it again several times in a mixture of a glass of port wine, and the same of vinegar, seasoned with half a teaspoonful of black pepper and four cloves, pounded ; fill it with forcemeat like a hare, and wash it in the marinade without wiping it before you spit it. Roast for three-quarters of an hour, or a little longer, if a very large rabbit. Baste it plentifully, and serve with gravy and currant jelly like a hare.

809. *To fry Rabbit.*

Skin and wash a young rabbit ; cut it up into joints, dip the pieces into egg, and then into fine bread-crumbs, seasoned with salt and pepper. Fry in butter for fifteen minutes, when the rabbit will be lightly browned. Take out the pieces and keep hot, and make a gravy in the pan by adding a little more butter, rolled in flour, a teaspoonful of lemon-juice, and a tablespoonful of mushroom ketchup. When hot, pour it round the rabbit, and serve with sliced lemon.

810. *Fricassee of Rabbit.*

Cut up a rabbit and lay it in a stewpan with two carrots, two turnips, two onions, a stick of celery, and an eschalot, all sliced, a small bunch of thyme and parsley, a teaspoonful of salt, a drachm of Cayenne, a blade of mace, half a nutmeg, grated, and two cloves ; cover all with *consommé* or good stock. Stew gently for three quarters of an hour, then take out the vegetables, reduce them to a *purée*, and keep them hot for half an hour longer. Then take out the meat, arrange it on the dish, cover it with the *purée*, and strain the sauce and pour over it.

811. *Ragout of Rabbit.*

Cut up a rabbit, and lay it in a stewpan with a small bunch of herbs, a dozen small mushrooms, and six button onions ; cover with stock, and stew for an hour ; then take out the meat, strain the sauce, add to it a tablespoonful of *roux*, a glass of sherry, and salt, pepper, and a little nutmeg ; put in the meat to make hot, and serve it in the sauce with fried sippets.

812. *Rabbit à la Maintenon.*

Cut up a young rabbit, and lay it in a stewpan with half a dozen mushrooms, two eschalots, a little parsley, half a dozen peppercorns, and a blade of mace ; put over them half a pint of *consommé*, and stew over a slow fire for half an hour. Let them cool ; then cut pieces of writing paper large enough to inclose the pieces, butter the paper, lay a thin slice of bacon upon it sprinkled with pepper and powdered mace, then a piece of the rabbit ; wrap them neatly in the papers, then broil for ten minutes over a clear fire, and serve in the papers.

813. *Rabbit à la Poulette.*

Cut up a young rabbit, and soak it an hour in milk and water ; lay it in the stewpan with half a dozen mushrooms, a bunch of parsley, a teaspoonful of salt, half as much white pepper, and two blades of mace ; pour over a pint of *consommé*, and stew gently for half an hour ; then take out the rabbit, strain the sauce, reduce it a little over the fire, then add a glass

of white wine, and two tablespoonfuls of thick cream ; put in the rabbit, and heat over the fire, without boiling, for a quarter of an hour. Serve in the sauce with sliced lemon.

814. *Croquettes of Rabbit.*

Mince the remains of roast rabbit, adding about a third of lean ham, minced also ; put into a stewpan with two ounces of butter, two blades of mace, pounded, half a teaspoonful of white pepper, and a little grated nutmeg, and moisten with two tablespoonfuls of cream ; stir it about, and heat it slowly for ten minutes ; then take it off, and let it cool. When quite cold, make the rabbit into balls, roll them in fine bread-crumbs, dip in beaten egg, and roll in crumbs again ; then fry the croquettes in butter, and serve on a napkin.

815. *Rabbit with Cucumber.*

When cucumbers are readily procured, this is a very good way of using the remains of roast rabbit. Cut one or two cucumbers, as you may have meat, into very thin slices, throw some salt over it, and let it stand for an hour, then drain it, and cover with a little vinegar for another hour ; pour off the vinegar, and put the cucumber into a stewpan with a small onion whole, and a bunch of parsley and thyme ; add two ounces of butter, and shake the pan about, turning over the cucumber till it is lightly browned ; then pour in a quarter of a pint of good stock, and stew slowly for half an hour ; take out the onion and herbs, season with pepper and salt, and put in the sliced rabbit till it is hot. Serve it with the cucumber.

816. *To pot Rabbit.*

When you have a good supply of rabbits and have not occasion to cook them all, they may be preserved for some time by potting them. Cut up three or four well-grown, but not old rabbits ; put the thighs, the wings, and the meat cut entirely from the back, into a large earthen dish ; pack the pieces quite close, after rubbing each piece well with pepper, salt, Cayenne, and pounded mace ; put in two ounces of butter for each rabbit, and bake for an hour and a half in a slow oven ; take the pan out, and let it stand for a day ; then transfer the meat

into small potting pots, and cover with clarified butter. It can either be sent to table in the pots, or cut out in slices garnished with parsley.

817. *FEATHERED GAME.*

No description of meat requires the cook to show more judgment and discrimination than feathered game ; first to distinguish the old from the young, the latter alone being fit for roasting or the more delicate modes of cookery ; the old birds being always tough, only suitable for soups, or stewing down for gravies. In the next place, very much of the rich flavour depends on its being kept in a proper state to the last moment when it can be preserved, and not one moment longer. Game should be *high*, as the state is called, but not offensive ; if it have any odour of decay, it should never be roasted for the table. Old pheasants are known by the length and sharpness of their spurs ; these in young birds are short and blunt. Above all birds, a pheasant must hang long ; if the weather be clear and cold, it may be kept in a good larder for three weeks ; if any symptoms of decay appear, it should be washed inside and out with cold water mixed with about one-fifth of chloride of lime, and hung up without drying.

Grouse, or moor fowl, the prime game of the north, derives its peculiar flavour not more from the heath on which it feeds, than the time which it hangs. Even the faint odour of incipient decomposition is not objected to by the epicure ; at all events, it is needful to keep the birds many days.

Partridges, like all birds, must be hung as long as it is safe. If the bill be sharp and white, the bird is young, and suited for the spit.

818. *To roast a Pheasant.*

After the bird is drawn and cleansed, the crop being removed through an incision made at the back of the neck, skewer through the pinion and the thigh, which must be brought up close under the wing, tie and skewer the legs down ; the head must be brought round and skewered to the body, the bill along the breast ; if a cock pheasant, the crest feathers may be left on, and covered with paper to protect them while roasting,



1 Pheasant

3 Duck with Red

1 Peacock

Turkey and Sausages

3 Fowl Larded

1 Grouse

and the long tail feathers are usually stuck in again when the bird is dished. Flour the bird well, and spit it before a clear but not fierce fire ; it is a great improvement to lard the bird ; but if well preserved, it is good without, if kept well basted with butter. It will require three quarters of an hour to roast a good-sized pheasant. It must be served with good brown gravy and bread sauce.

819. *To roast a Pheasant with Stuffing.*

The Spanish mode of roasting a pheasant is to fill the breast with a forcemeat made of the liver fried and minced, a dessert-spoonful of grated ham, two or three mushrooms, a little parsley, and an eschalot minced, pepper and salt, and the yolk of an egg to bind it. Lard the bird, roast, and serve with sauce *à la Provençale*.

820. *A truffled Pheasant, or a Faisan à la Ste. Alliance.*

The most epicurean mode of dressing a pheasant is with truffles. After it is drawn, cut up and mince the meat of two snipes, or woodcocks, and the whole of the insides ; add to this two ounces of butter, a teaspoonful of mixed pepper and salt, and as many chopped truffles as will, mixed with the forcemeat, fill the pheasant. Roast it over a toast the size of the bird, basting it with butter, and allow the trail to drop on the toast, on which serve the bird, garnished with slices of lemon.

821. *Mock Pheasant.*

When a pheasant cannot be procured, a fine large barn-door fowl, kept till perfectly tender, trussed, and roasted like a pheasant, and larded, may be substituted, and the difference will not easily be discovered.

822. *Fillets of Pheasants.*

To procure these fillets you must have three large birds ; cut the flesh off each side of the breast in a large slice or fillet, and also from the sides under the wings ; dip the fillets into beaten egg, then into seasoned bread-crumbs ; fry thin pieces of bread the size of the cutlets a light colour ; then put in the meat and

fry a delicate brown. Arrange the fillets each on one of the sippets, and pour round them good gravy.

823. *Salmi of Pheasant.*

Cut up the remains of any roast pheasants ; take off the skin ; then break up the bones and trimmings and put into a stewpan with a slice of ham, an eschalot, two or three mushrooms, and a carrot, all sliced, and season with a blade of mace, two cloves, and half a dozen peppercorns ; cover these with half a pint of *consommé*, and simmer at the side of the fire for an hour and a half ; then strain the gravy, and return it to the stewpan ; put in the meat with a lump of sugar, and half the juice of a Seville orange ; let it stand at the side of the fire at such a distance that the meat may heat very slowly, and gradually absorb the sauce ; then dish neatly with fried sippets round.

824. *To roast Grouse.*

The peculiar delicate aroma which is perceptible in the flesh of the moor bird, when in full season and well kept, can never be imitated, and ought never to be destroyed by the addition of spices or seasonings. A moor bird is only enjoyed in perfection when well roasted. It should be plucked with care lest the delicate skin be torn, trussed like a pheasant, and roasted before a clear fire, continually basted with butter. Half an hour will roast a good bird ; when nearly done, lay a toast half an inch thick in the dripping-pan, upon which the bird must be served with brown gravy, bread sauce, and with bread-crumbs prepared as below.

825. *Bread-crumbs, to serve with Game.*

Grate the crumb of a stale roll very fine, and put into a toaster with an ounce of butter before the fire ; shake them about continually till all become a light brown. Send them on a dish to hand round.

826. *To hash Grouse.*

The remains of roast grouse make a delicate hash when carefully prepared. The bird must be cut up into neat pieces

and the skin removed ; the bones and trimmings put into a stewpan with a teaspoonful of salt, half a dozen peppercorns, and three eschalots cut up, and two ounces of butter rolled in flour ; shake the whole round till the butter be melted and look brown ; then add half a pint of stock and two glasses of Madeira, and let the whole stew gently for a hour ; then strain the gravy, and put in a stewpan with the pieces of grouse. Set the stewpan at the side of the fire that it may heat very slowly, and when quite hot serve with toasted sippets.

827. *Quenelles of Grouse, Pheasant, &c.*

Cut all the flesh from the cold dressed birds, and put it in a mortar, and to each pound of the meat add one ounce of fat bacon, two ounces of butter, and a dessertspoonful of flour ; season with half a teaspoonful of salt, a drachm each of pepper and of mace ; pound the whole to a smooth paste ; bind it with two well-beaten eggs ; then form it into quenelles by filling one small dessertspoon with the forcemeat, and pressing it down, and gently scooping it out with a second spoon dipped in hot water ; put them into a stewpan covered with any simple *bouillon* or broth, and boil for a quarter of an hour ; drain and serve them in a coronet form, alternately with croustades, and surrounded with truffle sauce (No. 38).

828. *Stewed Moorfowls, or Blackcock.*

In Scotland, where the grouse is plentiful, it is common to make a stew of them. It is a convenient and most delicious method of using old or surplus birds, and we give the Scotch receipt for the preparation. Cut up two large or three small birds, and fry them in a good quantity of butter, with a clove of garlic ; then put them, with the butter, but not the garlic, into a stew-pan ; season with a teaspoonful of salt and half as much pepper, and add two tablespoonfuls of stock, and two glasses of port wine. Simmer very gently for half an hour, then serve the meat piled on the dish, and the gravy poured round, with sippets. Some cooks add vegetables and make a ragout of the grouse ; but the delicate flavour is destroyed by the addition of other materials.

829. *To pot Grouse or Partridges.*

No potted meat brought to table is in such high estimation as grouse. The birds must be made ready as if for the spit, but without the head. They must be well washed and dried, and then inside and outside seasoned high, like other potted meat, with pepper, salt, mace, and nutmeg. Put about an ounce of butter inside each bird, and pack the birds as closely as possible in a baking-dish. Pour over them one or two glasses of port wine, or one for each two birds; cover with butter, then put a coarse paste over the dish, and bake for an hour in a slow oven. When cold, take off the crust and the butter, dry the birds from the gravy, and put one bird into each small potting-pot, covering it with clarified butter. Partridges may be potted in the same way; only two birds should be put into each pot. They should be placed with the breasts upwards. The gravy and butter left in the baking-pan may be used for hashes, &c.

830. *To roast Partridges.*

After being kept as long as possible, prepare and truss the birds for the spit in the same way as pheasants or grouse. Dredge them with flour, and skewer a slice of fat bacon over the breasts to preserve them; this must be taken off five minutes before the birds be done, that the breast may brown lightly. Baste with plenty of butter, and roast from twenty to thirty minutes. Serve with brown gravy; that which is made from the remains of game, is most suitable; and send in bread sauce, and fried bread-crumbs.

831. *To roast Partridges, larded.*

Mince the livers of the birds; add as much more grated ham, and a very little parsley, and pepper; moisten the mixture with the yolk of egg, and put inside the partridge. Then lard them and roast the usual time. Serve with gravy and sauce à l'Espagnole.

832. *To boil Partridges.*

To make a variety, and to suit the palate of old or delicate people, a brace of partridges are sometimes sent to table boiled.

They must be trussed as fowls for boiling, without the heads ; put into a pan of boiling water, and allowed to simmer only for a quarter of an hour, or, if old birds, twenty minutes. They must be served with any good white sauce, and with sliced lemon round them.

833. *To broil Partridges.*

Prepare the partridges as if for the spit, but take off the heads, split them entirely up the back and lay them flat, breaking down the breast bone a little. Shred an eschalot as fine as possible, and mix with fine well-seasoned crumbs. Dip the partridges into clarified butter, and cover inside and outside with the crumbs. Broil them over a clear fire, turning them frequently for a quarter of an hour, and serve them with mushroom sauce, or sauce *à l'Espagnole*.

834. *Mayonnaise of Partridge.*

Prepare the sauce by pounding the yolks of two hard-boiled eggs, with a very little salt and pepper, and a small blade of mace. When smooth, add an ounce of butter, and blend it well with the eggs, then a tablespoonful of vinegar, and half as much spinach-juice, smooth all this, and add in the same way, a quarter of a pint of *consommé*. Stir all gently over the fire a minute or two ; then cut up neatly any remains of cold partridge, and put in the sauce. A few minutes will make all perfectly hot ; serve it in the sauce, garnished with fried sippets and slices of anchovy.

835. *Partridges aux Choux.*

This preparation is much esteemed in France, and, on that account principally, is produced occasionally at English tables. Truss two partridges, lard them, and lay them in a stewpan, with a bunch of herbs, an onion, and half a pint of stock, and simmer half an hour. In another stewpan put two small cabbages, half a pound of bacon, sliced, cover with water and let it simmer the same time ; then take out the cabbage and strain it. Put into a stewpan a carrot, sliced, and laid over the bottom of the pan, over this a layer of cabbage, seasoned well with salt and pepper, then the bacon, and the birds upon

it, and over all the remainder of the cabbage. Strain the stock in which the birds were stewed, and pour over all ; then let it stew slowly for half an hour, diluting with gravy, if needful, to keep it from adhering to the pan. Dish the birds with the bacon on each side, and the cabbage over them, garnished with the carrots. Sometimes fried sausages are also arranged round the ragoût. Game gravy should be sent in with them.

836. *Salmi of Partridge.*

Cut up neatly four lightly-roasted partridges, and remove all the skin ; then pound all the bones and trimmings in a mortar, and put into a stewpan with half a pint of good beef stock, two eschalots, half a dozen peppercorns, a teaspoonful of salt, and two cloves. Simmer for half an hour ; then strain off the sauce into a clean stewpan, adding two glasses of port wine, a tablespoonful of lemon-juice, and a lump of sugar. Let it simmer again ten minutes, then put in the partridges, and let the whole stew very gently for three quarters of an hour, and send to table in the sauce, with fried sippets.

837. *Woodcocks.*

Woodcocks, which are highly flavoured and most delicate birds, come in on the 1st of November, but as they are not considered game, they may be shot as soon as they reach England from more northerly regions. They generally appear with a north-east wind in October, and remain till March, lying hid in moist woods, where they feed on insects and grubs, and grow fat and very delicious about Christmas, when woodcocks swell the list of rich viands for the season. They will keep good for weeks in frosty weather, if hung in a dry place ; and as, in many seasons, they are rare in this country, great care must be taken to preserve them. A woodcock is never drawn.

838. *To roast Woodcocks.*

Pluck them very carefully, to avoid tearing the tender skin. Leave them unopened, but wipe them carefully, and truss with the head under the wing and the long bill laid along the breast. Suspend the birds before the fire with the feet downwards. No bird requires such constant care and watchfulness for the short

time it is roasting as the woodcock. Place underneath each bird a thick toast, buttered, and without crust, to catch the *trail*, or inside, which is accounted the most delicate part. Baste them continually with salt and water only ; and though some affected epicures declare that a woodcock to be perfectly cooked ought only "to fly through a hot kitchen," we would allow twenty minutes' slow roasting to make the birds fit for the general taste. The toasts must be laid upon a hot dish, with a bird on each toast. Gravy or melted butter may be sent in with them in a tureen, but none on the dish, to destroy the flavour of the birds.

Snipes, though decidedly inferior in quality, may be roasted in the same way, with the trail on a toast, and fill up a table when woodcocks are scarce.

839. *Salmi of Woodcocks.*

Put into a stewpan two eschalots, a carrot, and half a dozen mushrooms, all chopped small, with a slice of lean ham, two cloves, and half a dozen peppercorns ; cover with a pint of beef gravy, and stew for an hour. Then strain, and again put the gravy on the fire with any of the bones and trimmings of the cold dressed woodcocks that may remain after you have cut off the meat for the salmi, and if any portion of the toast with the trail remain, mix it well up with the gravy. Add two glasses of Madeira and two ounces of butter rolled in flour, and stew half an hour longer ; then strain the sauce over the slices of woodcock, which must be laid in a clean stewpan, and let it stand at the side of the fire till the meat have imbibed the sauce and become perfectly hot ; then serve with fried sippets. They may also be larded and roasted, or broiled like partridges ; but the simple mode of roasting preserves best the peculiar flavour of the delicate bird.

840. *To roast Quails.*

These useful, pretty, and delicate little birds, which are very plentiful in the summer season before grouse or partridges come in, may be roasted like partridges ; but, being somewhat deficient in the true game flavour, are more commonly larded, wrapped in vine-leaves, and, when roasted, served on toasts with good gravy.

841. *Galantine of Quails.*

This is a much approved though somewhat troublesome method of preparing quails or any other game. Four birds are usually taken, opened up the back, boned, and flattened; then a forcemeat is made of the livers, minced fine, a veal sweet-bread minced, a small quantity of grated ham, parsley, chives, pepper and salt, and a well-beaten egg. Lay the birds breast downwards, and cover with a layer of the forcemeat, over which lay a thin slice of dressed tongue, some minced truffles, and another layer of forcemeat. Then roll the birds up in the natural form, tie each separately in a cloth, and put them into a stewpan, with all the bones, a knuckle of veal, a blade of mace, two teaspoonfuls of salt, twelve white peppercorns, and a clove of garlic. Cover them with good white stock, and stew gently for three quarters of an hour. Then let the birds cool in the stock and take them out. Boil the stock till it becomes a jelly, strain it, and let it grow cold; then cut it up into dice, or any fancy form, and serve the quails cold, with the jelly round them.

842. *To roast Plovers.*

The plover is a delicate bird of pleasant flavour, and this flavour is best retained by dressing it like a woodcock. Do not draw the birds; truss them, and roast with toasts in the dripping-pan, and serve on the toasts in the same way as woodcocks, with no other sauce than melted butter sent in a tureen.

843. *To stew Plovers.*

Boil and mince two artichoke bottoms, four roasted chest-nuts, a small quantity of chives, and two ounces of beef suet, and the yolks of two hard-boiled eggs, chopped fine. Season with pepper and salt. Prepare two plovers as for roasting, open and take out the trail to mince, and add to the forcemeat; fill the birds with it, and lay them in a stewpan with a bunch of herbs, three or four mushrooms, and a little pepper and salt. Cover with half a pint of brown stock, a quarter of a pint of port wine, and a tablespoonful of lemon-juice, and stew gently for half an hour. Then take up the birds, and keep hot till you strain the sauce; thicken it with a little *roux*, and heat it again. Then pour it over the birds and

serve, garnished with roasted chestnuts, blanched, and hard-boiled plover's eggs shelled and divided and put round the dish alternately with the chestnuts.

844. *To roast Ortolans.*

These delicate and rare little birds should not be drawn, but roasted like woodcocks, to serve on a toast, covered with browned fine crumbs, and accompanied by melted butter.

845. *To roast Corncrakes or Fieldfares.*

These birds, though found in different seasons, the corncrake being a much earlier bird in season than the fieldfare, are dressed in the same way, roasted, like quails or partridges, and served with gravy, bread sauce, and bread-crumbs.

846. *To roast Ruffs and Reeves.*

These little birds, which inhabit the fens of England, and are entrapped and made very fat for the table by a diet of meal and milk, are a great delicacy. They are trussed like woodcocks, but are drawn, and roasted like partridges. A quarter of an hour will roast a ruff. They are served with gravy, bread sauce, and fried crumbs.

847. *To roast Wheatears, or other small Birds.*

The delicious little wheatears are in season from July to October. They must be very carefully picked and drawn, spitted without the head, a dozen at once on a bird spit; brushed over with the yolk of egg and bread-crumbs, and basted with butter. About twelve minutes will roast them. Serve them with bread sauce.

848. *To roast Larks.*

Not less than a dozen birds must be prepared and roasted on a bird spit; as they roast, bread-crumbs must be strewed over them, and they must be plentifully basted with butter. Roast for twelve minutes, and a few minutes before they are done, add no more crumbs, but let them brown. Serve them on a dish heaped with fried bread-crumbs.

849. *To stew Larks.*

Pluck and clean fifteen or eighteen larks, open them up the back and flatten them ; put them into a stewpan with three ounces of butter rolled in flour, and toss them over the fire till they are browned ; add a few truffles in slices, a little pepper and salt ; a glass of sherry or Madeira, and a dessertspoonful of soy, and let the whole stew gently for fifteen minutes ; then serve in the gravy with sippets.

850. *To pot Larks, or any small Birds.*

To pot larks, ortolans, or wheatears, prepare a dozen birds ; split them up the back and flatten them ; season them well with pounded mace, nutmeg, pepper and salt ; arrange them in a potting pot quite close, and add four ounces of butter ; bake them for twenty-five minutes, then take them out, pour off the butter, and leave them to cool ; after which cover them with clarified butter.

851. *To roast Wild Duck.*

The wild duck is much esteemed for the high flavour and richness of its flesh, and in the winter season takes an important place in the *cuisine*, as an addition to or substitute for game. It is trussed for the spit like the tame duck with the feet left on, and turned close to the body, and is not stuffed except sometimes with bread-crumbs moistened with claret. The breast alone is usually eaten ; this is sliced in *aiguillettes*, and prepared at table with one of the peculiar wild-fowl sauces. The wild ducks from the fens of Lincolnshire are the most liked ; they are free from the rank, fishy flavour common to the birds from the coast. When the duck is trussed for the spit, rub it over with the liver, flour it, and baste it well with butter while roasting before a brisk fire. Fifteen minutes is the usual time allowed for roasting ; some epicures insist on ten minutes only, that the flesh may merely be thoroughly heated. They are usually served without gravy, with two uncut lemons on the dish, and a wild duck sauce (No. 49) sent with them in a separate tureen.

852. *Wild Duck Truffé.*

Cut *aiguillettes* from the breasts of two well cleaned ducks, and the slices of flesh from the sides ; put all the remainder of the birds, the heads and the giblets, into a stewpan with two eschalots and six mushrooms chopped fine, and the parings of two ounces of truffles, a teaspoonful of salt, a blade of mace powdered, and a drachm of Cayenne, add three ounces of butter rolled in flour, and stir and toss the whole over the fire for a quarter of an hour ; then put in a quarter of a pint of brown stock, and stew half an hour longer ; then add half a pint of claret, and after it has simmered half an hour longer, strain the sauce. Fry the *aiguillettes* of duck five minutes in butter, then put them with the pared truffles sliced into the sauce, and heat over the fire ten minutes ; add a tablespoonful of lemon-juice a few minutes before you take it up ; dish the meat very neatly in the sauce, with the truffles round it. Some prefer to squeeze the lemon into the breast of the bird as soon as the knife has entered it.

853. *Fillets of Wild Duck.*

As it is only the breast of the wild duck that is usually eaten at table, they are often, when plentiful, sent in filleted as a handsome *entrée*. For this purpose you should have three birds ; roast them not more than ten minutes, then cut off neatly the fillets from each side of the breast. Have ready a sauce heated, of half a pint of brown gravy seasoned with salt and Cayenne, half a tablespoonful of eschalots shred, two glasses of port wine, and half a tablespoonful of lemon-juice. Let the sauce simmer while the ducks are roasting, then strain it through a tamis into a clean stewpan, put in the fillets for two minutes, then lay the fillets on toast, and serve with the gravy over them.

854. *Teal.*

Teal, a small and delicate water-fowl, may be dressed in the same way as wild duck, or as *entrées*, half roasted, filleted, and stewed for ten minutes in *consommé*, then served with mushroom sauce ; they may be surrounded with mashed potatoes. You should have six birds for this *entrée*.

CHAPTER XV.

DOMESTIC POULTRY.

POULTRY should always be selected young, well-fed, but not fattened by cramming, as the flesh then becomes greasy, coarse, and unwholesome. They may be chosen by their plumpness, by the skin being clean, white, and finely grained, and the legs smooth and pliant. They must be hung till tender, but not long enough to gain the slightest taint, for nothing is more offensive than stale poultry brought to table ; and when well preserved and well dressed, from the noble turkey to the ever ready pigeons, they are an especial boon to the delicate invalid, and a handsome addition to a well-furnished table. More or less, all poultry may be cooked to form a light and agreeable diet alike for the healthy and the sick. Without any exception all domestic poultry must be thoroughly cooked ; the light roasting which is esteemed desirable for wild-fowl would be intolerable in the turkey or goose. The most humane way to kill turkeys and chickens is to break the neck and hang them up by the legs till the blood settles to the head, and leaves the flesh white.

855. *Turkeys.*

The prime bird for English cookery is the turkey. It is in season from September to March ; the best are to be had about Christmas. Turkey poult is good from April to June. The best and largest turkeys are bred in Norfolk. If the turkey-cock be young, the leg will be black and smooth and the spur short. When fresh, the feet are moist and supple, the eyes lively and prominent ; if otherwise, and if the leg of a turkey-hen be red and rough, be sure it is old, and unfit for the table. In whatever mode it is to be dressed, a turkey should hang from ten days to a fortnight, according to the

weather, taking care it does not freeze; and the strings or sinews of the thighs must always be drawn out.

856. *To roast a Turkey.*

Pluck the bird with great care, drawing out all the pens from you, not wrenching them backwards; singe and draw, wiping out the inside quite clean. Break the leg bone close to the foot, hang up the bird, and pull out all the sinews from the thighs. Cut off the neck close at the back, but leave sufficient of the skin over the crop to turn over to the back. Be careful in drawing the bird not to break the gall, as the bitter taste it communicates can never be removed. Cut the breastbone through on each side close to the back, and draw the legs close to the breast. Break and flatten the high breastbone to give the bird a plump appearance. Fill the breast with forcemeat (No. 196) or sausage-meat. Leave the legs on, lay them close to the breast, and pass a skewer through the body. Score the gizzard, dip into the yolk of an egg, and season it with salt and pepper, as well as the liver, which must be guarded with a buttered paper lest it get burnt and hard. Put the liver on one side, the gizzard on the other, between the pinions, and turn the points of the pinions to the back, skewering them through the body. Cover the breast with a buttered paper, and dredge the turkey lightly with flour before you put it down. Keep it for half an hour at a good distance from the fire, which should be quite clear. When it is warmed well, draw it nearer, and dredge again, basting it liberally till it be well frothed when done. A turkey should be extremely well roasted, and if only eight or ten pounds weight, should be down two hours. A large Norfolk turkey, which usually weighs much more, will require a proportionately longer time. It is usually served with brown gravy on the dish, and a chain of fried sausages round it. Bread sauce (No. 23), celery sauce (No. 22), or oyster sauce (No. 21), should accompany it.

857. *To roast a boned Turkey.*

An experienced cook has no difficulty in boning poultry, which is usually effected without cutting the skin up the

back, by loosening the joints inside the bird, raising the flesh, and withdrawing the bones gradually, till the bird becomes supple and may be turned inside out to complete the boning. Then restore it to form, and fill it entirely with good sausage meat. Truss the bird into good form and lard it well. Roast it according to the weight, and serve with good gravy and any of the usual sauces sent in with turkey.

858. *To roast a Turkey with Oysters.*

Prepare the turkey for roasting, and instead of the usual forcemeat, take two hundred oysters, beard them, and pound the beards with a few seasoned bread-crumbs till smooth. Mix this with three tablespoonfuls of cream; then stew the oysters in their own liquor for five minutes, and when cool mix with the crumbs and cream. Put this stuffing into the breast of the bird, and roast it as before, basting it with a good deal of butter. Serve with gravy only on the dish, and mushroom sauce sent in a tureen.

859. *Truffled Turkey (Dinde aux Truffes).*

There is no dish sent to table considered a higher delicacy than a truffled turkey; and though it is supposed that only in the province of Perigord the mode of preparing truffled dishes is carried to perfection, they are now sent to English tables to the satisfaction of the cook and the guests. A turkey for truffling should be well fed and fresh. Prepare two pounds of truffles by washing, brushing, and drying them; peel them, and chop up the peelings with small truffles, and pound these in a mortar with a pound of fat bacon. Make it into a smooth paste, removing any thread or sinew of the bacon, and season this with pepper and salt only. Mix the whole truffles with this paste, and put into the body of a turkey that has not been killed more than two or three days, and hang up the bird for a week, that the flavour of the truffles may penetrate the flesh. Then lard and roast it the usual time, and serve with gravy and truffle sauce (No. 38). A turkey thus prepared will keep good a long time, and is delicious eaten cold.

860. *To boil a Turkey.*

In trussing a turkey for boiling, cut off the legs by the first joint, then draw the upper leg into the body, break the breast-bone, fill the crop with forcemeat, and tie it up close. Some cooks enclose the turkey in a napkin to boil, but if great care be taken to remove the scum as it rises, that it may not adhere to the bird, this is unnecessary, and wastes the liquor, which will make good stock. Put into the water two tablespoonfuls of salt, and two ounces of butter. Let the water be warm before you put the turkey in, and take care that it simmer slowly, and that the scum be continually watched. It will require about two hours to boil it. Send it to table with good white sauce on the dish, and boiled ham, tongue, or cheek of bacon to accompany it. Celery or oyster sauce may also be sent in with boiled turkey.

861. *To stew a Turkey.*

Take a small turkey, and truss it as if for roasting; flatten the breast, and put in forcemeat, adding to it a minced eschalot, and an anchovy. Put it into a stewpan, with two slices of fat bacon, and two ounces of butter, and turn it over till it be nicely browned. Then put the bird into another stewpan, with a sprig of parsley, a clove of garlic, twelve white peppercorns, two blades of mace, and a teaspoonful of salt, and cover with good stock. Let it stew gently for an hour, then add a glass of white wine, and let it simmer half an hour longer; then take up the turkey and keep it hot till you strain the sauce, and thicken it with a tablespoonful of brown *roux*; and pour round the turkey in the dish. Serve with oyster *quenelles* round.

862. *To dress a Turkey to eat cold.*

Bone a large full-grown turkey, fill the breast with forcemeat, and lard it. Then lay it in a stewpan, with a bunch of parsley, two eschalots, a clove of garlic, a dozen peppercorns, and a blade of mace; cover it with stock, and stew very gently an hour, then add half a pint of white wine, and stew another hour. Take out the turkey and leave it to cool, and strain the stock, put it on the fire, and reduce to a jelly; strain it again,

and when cool spread it over the turkey, and put all you have to spare inside. Serve it on a napkin garnished with parsley.

863. *To hash Turkey.*

Cut up the remains of a roast turkey into neat joints or slices, and the stuffing also. Put the bones and trimmings into a stewpan with an eschalot and two or three mushrooms, sliced, and cover with a pint of stock ; simmer for half an hour, put in a seasoning of pepper, salt, and mace ; after ten minutes strain the stock, set it on the fire, put in the turkey to heat, and warm the slices of forcemeat in a toaster before the fire, and when hot, place them round a dish, put the hash in the middle, with the gravy over it, and garnish with sippets of toast.

864. *To fry Turkey.*

Cut up the remains of turkey in neat pieces, make a batter of very fine crumbs of bread, and a little minced parsley, seasoned with pepper, salt, and nutmeg, beat up well with two eggs, dip the pieces of turkey into this till they are well covered ; fry them a light brown, and serve them in good gravy, thicken with a little flour and butter, and flavoured with a tablespoonful of mushroom ketchup. Serve with sippets and sliced lemon.

865. *Pulled Turkey.*

Make a rich white sauce (No. 18), and heat it in a stewpan ; then skin the remains of a dressed turkey, and draw away gently from the bones all the white meat ; do not break it or use a knife ; put this meat into the sauce, which should be well seasoned, and let it heat. In the meantime cut off the legs of the bird, score them, and season profusely with salt and Cayenne ; dip them in clarified butter, and broil them over a clear fire ; then turn out the pulled turkey, in the sauce, into the middle of a hot dish, and lay the broiled legs upon it. Serve with lemon and sippets.

866. *Blanquettes of Turkey.*

Cut up the remains of a dressed turkey into neat slices ; break up the bones, which, with the skin and trimmings, put

into a stewpan with a thin slice of ham, an eschalot, or a small onion, and a blade of mace, and cover with cold water, letting it stew gently for half an hour, then skim and strain it. Put the liquor back into the stewpan, with a teaspoonful of mixed white pepper and salt, a very little nutmeg, half a teaspoonful of grated lemon-rind, and three tablespoonfuls of cream; beat well up with the yolk of an egg, simmer three or four minutes, put in the meat, stir it well round for a few minutes, then turn out and serve with sippets round the dish.

867. *Turkey à la Tartare.*

Bone a young turkey and cut it up, marinade it for twelve hours in vinegar and water, adding a tablespoonful of fine oil, a teaspoonful of pepper, two eschalots, and a bunch of chives chopped small, and two teaspoonfuls of salt. Take out the turkey, cover with egg and crumbs, and broil the pieces for fifteen minutes. Then arrange them neatly on a hot dish, with slices of lemon round it, and serve with sauce *à la Tartare* (No. 75).

868. *To roll a Turkey.*

Bone a young turkey, first cutting it in two down the breast. Lay the pieces flat with the skin downwards, and spread over the inside of each piece a layer of turkey forcemeat. Roll up each piece neatly, and tie it, covering it with thin slices of bacon. Lay the rolls in a stewpan; cover them with *bouillon*, and add a bunch of parsley and thyme, a clove of garlic, a carrot, and a parsnip sliced, two cloves, a blade of mace, and one teaspoonful of mixed pepper and salt. Stew gently for an hour, skimming off the fat; then add a glass of white wine, and simmer half an hour longer. Take out the rolls, and cut away the thread; skim and strain the sauce; thicken it with a spoonful of *roux*, and serve it over the meat with sippets. A turkey roll is very good eaten cold.

869. *To roast a Turkey Poult.*

The young turkey is a delicate and useful dish, coming into season when large turkeys are not to be had, and forming excellent dishes with the early spring vegetables. The turkey poult is trussed with the head on; the neck must be taken out,

but the neck skin left. Skewer the bird the same as if full-grown, but cut off the lower part of the bill ; twist the neck skin round, and bring the head down with the bill forward ; the feet are left on, and brought close to the thigh, but the toenails must be cut off. It is not usual to put forcemeat into a roast turkey poult, unless it be a very large one ; but the breast is sometimes larded to enrich it. It should be well basted, roasted for an hour, or longer if large, and served with good gravy and bread sauce. It may be garnished with slices of tongue cut in neat ovals.

870. *To roast a Turkey Poult with Truffles.*

Make a forcemeat of the liver, fine bread-crumbs, a slice of bacon, a little parsley, chives, and thyme, all minced fine, with pepper and salt ; mix this up with yolk of egg, and add as many truffles as you wish, to fill up the bird. Lard it, and roast as above, and serve with bread sauce or truffle sauce.

871. *Turkey Poult en Bechamel.*

This is the best way of dressing up the remains of a turkey poult. Put into a stewpan a pint of white stock, or good veal broth, with an eschalot, a sprig of parsley, and a few small mushrooms, all chopped small ; season with salt, pepper, nutmeg, and mace ; then stir in half a pint of cream, and simmer till it is partly reduced ; strain the sauce, and cut up the meat into neat pieces ; heat it for a few minutes in the sauce ; then serve it with sippets and sliced lemon.

872. *To fricassee Turkey Giblets.*

The giblets comprehend the wings, the feet, skinned and trimmed, the neck, cut up into pieces of an inch and a half in length, the head, skinned, split, and cleaned, the gizzard, cut into four and cleaned, and the liver, also sliced. Lay these in a stewpan with a bunch of parsley, thyme, basil, a clove of garlic, pepper and salt, and two cloves. Put in two ounces of butter, and shake them about on the fire till all are browned ; then add a pint of *bouillon*, and stew gently for an hour and a half ; then take them out, and strain the sauce, thicken it with

a little *roux*, and put the giblets again into the sauce to heat. Serve them in the sauce with any green vegetable round them.

873. *Barn-door Fowls.*

The most useful creatures of the poultry yard are certainly the barn-door fowls, ready at hand to afford a speedy addition to the family dinner, or a foundation for the numerous delicious *entrées* and invalid dainties which are daily required in a large family. Much as we condemn the common practice of cramming fowls in coops, we recommend to all who have no regular poultry yard, and no poulterer near, to have always a few fowls in coops, well fed, but not over-fed.

In choosing poultry, select the smooth-legged, plump, and clean in skin ; if for boiling, the white-legged are best in appearance ; but for roasting, the black-legged are richer in the flesh. The Dorking fowls are best for the table ; the Cochin, admirable for laying, are large and less delicate. If a pullet, it is always in best condition when full of eggs ; and the flesh is thought most nutritious. But the most delicious of fowls is a capon, about eight months old ; the flesh is tender, delicate, and easy of digestion ; and the old writers considered capon jelly a certain cure for weakness, and even consumption. A fowl in cool weather should hang a week ; but if the weather be warm, you must dress it earlier, for a taint of decay is destructive to the delicate flavour ; and remember in plucking not to tear the skin by turning the feathers backward, but draw them out in the natural position.

874. *To roast Fowls.*

Pluck and draw the fowls with great care ; cut off the neck close to the back ; put a skewer in the first joint of the pinion, and bring the middle of the leg close to it ; then skewer through the leg and the body : this on both sides. Skewer the small of the leg through the sidesman, and put another skewer through the skin of the feet, which must have the nails cut off and be neatly trimmed and scraped. Clean the liver and, gizzard to place within the pinions. Truss it quite firmly before you put it down, and if a large fowl, it is usual to put in the breast a stuffing of sausage-meat. Baste it well with

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Butter, and dredge with flour. Roast for an hour ; then take out the skewers, and serve in good gravy with bread, oyster, or mushroom sauce.

875 *To roast Spring Chickens*

The early chickens of spring require the greatest care in preparing for the spit, as the skin is so tender it may be easily torn and disfigured. The feet must be cut off, and the legs dipped in warm water and skinned. It may then be trussed like a full grown fowl, but not stuffed. It will not require more than half an hour to roast, and may be served with gravy and any of the usual sauces. Sausage, ham, or tongue should accompany it.

876 *To roast a Fowl larded*

Lard a good sized chicken, and make a forcemeat of the livers minced fine, as much grated ham, the yolks of two hard boiled eggs, and a clove of garlic, all minced small, season with pepper, salt, and a teaspoonful of lemon-juice ; put this into the breast of the fowl, baste it well, roast it according to size, and serve it on watercresses with good gravy, and a little lemon squeezed over it when dished.

877. *Boudin of Fowl.*

A fowl roasted in this French mode makes a pretty *entrée*, at little expense except that of time, which none but a common cook grudges. Make a paste as for a boiled pudding of flour and butter, but add two well beaten eggs in making it, let it lie an hour before it is used. Then truss a fowl for roasting, cut off the legs, and fill the breast with a forcemeat of the livers minced, as much bacon minced, double the quantity of fine crumbs, the yolks of two hard boiled eggs, a sprig of parsley, and two young onions, all chopped fine, season with pepper only, and moisten the whole with good cream. After you have put in this forcemeat, and tied it, cover the fowl with thin slices of bacon, over which lay the paste, rolled out as thin as possible ; close it completely, and over it tie buttered writing paper. Put down the fowl, baste it well, and roast for an hour and a half ; and a quarter of an hour before it is taken up,

remove the paper, that the paste may be lightly coloured. Make a small opening at the breast, and pour in sauce *à l'Espagnole* before you serve.

878. *To roast a Fowl with Onions.*

Make a forcemeat of the liver, as much bacon, bread-crumbs, parsley, and three or four young onions all chopped fine; season with a drachm of Cayenne, two blades of mace, and a little nutmeg, and bind the forcemeat with beaten egg. Truss the fowl for roasting, and fill the breast with this forcemeat, put it down, and roast for an hour, basting with butter. Make some good brown onion sauce, and when the fowl is ready, pour the sauce over it and serve.

879. *Fowl in Batter.*

Make the forcemeat for fowls (No. 196), adding a few mushrooms chopped and a tablespoonful of white wine, and fill the breast of a fowl trussed for roasting; roast for half an hour, covered with buttered paper, and baste with butter. Then take off the paper, and have ready a very light batter, made as if for pancakes, and baste the fowl every five minutes with it for another half hour; let the crust brown lightly before you take it up. Serve it in good white sauce.

880. *Truffled Capon.*

A large fowl, usually a capon, is chosen to serve truffled, and must be prepared and served in the same way as the truffled turkey.

881. *To boil a Fowl.*

White-legged poultry should be chosen for boiling, as they look white on the table. They must be trussed by making an incision and putting the legs into the body, with the pinions skewered back. It is not the custom now to put the liver and gizzard in the pinions of a boiled fowl. Some cooks plunge the fowls at once into the hot water to boil, as they can thus add the water they are boiled in to the stock pot; some, to preserve the appearance of the fowl, tie it in a napkin; but modern cooks prefer to sacrifice the stock, and preserve the

juices of the fowl, by enclosing it in a bladder, or a coarse paste ; or, it is still better to have tin cases made the size to enclose a fowl, with a tight cover. Put the fowl in this case with a teaspoonful of salt, close the case firmly, and put it into boiling water. The fowl will be cooked in the same time as if put uncovered into the water. The water must simmer at the point of boiling from twenty-five to thirty minutes, according to the size of the fowl. Unless the fowl be very large, it is not usual to put forcemeat in the breast ; but tongue or ham should accompany it. The proper sauces to serve round boiled fowls are white sauce, celery, mushroom, oyster, or parsley sauce, and the dish looks neat garnished with tufts of boiled cauliflower or young greens.

882. *Boned Fowl with Forcemeat.*

Bone a large fowl without breaking the skin. Make the forcemeat of four ounces of veal, two ounces of lean ham, two ounces of fat bacon, and the yolks of two eggs ; mince all these, then pound in a mortar with two large tablespoonfuls of fine crumbs. Season well with pepper and a little nutmeg, and fill the bird with the meat ; tie it up closely and stew for an hour in white stock ; then serve it in any good white sauce, and garnish with sliced lemon.

883. *To fricassee Fowl.*

Skin and cut up neatly a couple of good chickens, and lay aside all the best pieces ; put the bones, drumsticks, and skin into a stewpan, with three ounces of butter rolled in flour, a bunch of parsley and chives, a dozen white peppercorns, two blades of mace, and a teaspoonful of salt ; when the butter is melted, stir in a pint of stock ; simmer this sauce for half an hour ; then strain it, and put into a clean stewpan with the pieces of fowl ; simmer for half an hour, then add half a pint of cream, thickened with a spoonful of *roux*, the yolks of two eggs well beaten, and a teaspoonful of lemon-juice. If you have them, add a few small mushrooms. Simmer the whole twenty minutes longer ; then arrange the limbs of the fowl neatly in the middle of the dish ; pour the sauce round, and serve with sliced lemon.

884. *Mayonnaise of Fowl.*

This is an elegant mode of serving cold fowl, especially useful as a supper dish. Carve the fowl very neatly, and arrange in a circle round the dish, filling the midst with shred lettuce, mingled with hard-boiled eggs cut into quarters ; garnish with sliced gherkins and carrots alternately, and finish by pouring over all sauce *à la mayonnaise* (No. 78).

885. *Fowl à la Marengo.*

This popular French dish is not always welcome to the English tables, where prejudice has forbidden the use of oil. It is, nevertheless, a rich fricassee when delicately prepared. Cut up a good fowl, and fry in a good deal of oil for twelve or fifteen minutes : the legs will require the full time. Take out the fowl and drain on a napkin before the fire, and fry in the oil half a dozen sliced mushrooms, a few truffles, and an eschalot ; season with salt and pepper ; stir gently into the oil a glass of white wine ; heat it thoroughly ; then arrange the fowl neatly on a dish ; pour the sauce over, and garnish with sippets and fried eggs alternately round the fricassee.

886. *Matclote of Fowl.*

Put a dozen small white onions into boiling water for ten minutes, then into cold water for the same time, and peel them ; take off the red part from two carrots, and scrape a parsnep, and cut them into pieces two inches in length. Roll two ounces of butter in flour, and brown it in a stewpan ; then pour over it half a pint of white wine, and put in the vegetables, with a bunch of herbs and parsley, a teaspoonful of salt, and half as much pepper, and a blade of mace. In the meantime cut up one large fowl, or two spring chickens, neatly, and stew for half an hour in *bouillon* ; then add them to the sauce with half a pint of the *bouillon* in which they have been stewed, and simmer gently for ten minutes ; then take out the fowl and arrange on the dish, and keep hot ; reduce the sauce a little, and pour it over the fowl. Serve it with crayfish or pieces of fried eel round it.

887. *Marinated Fowl.*

Skin a fine large fowl, and cut it up neatly ; put over it a *marinade* of three tablespoonfuls of oil, as much lemon-juice, a bunch of herbs and parsley, two eschalots, and two teaspoonfuls of pepper and salt, mixed. Let it remain six hours in the *marinade* ; then drain the pieces, dip them in egg and fine crumbs, and fry a light brown ; arrange on a dish, and keep hot ; then take half the *marinade*, strain it, and heat with a tablespoonful of brown *roux*, and as much mushroom ketchup, and serve round the fowl.

888. *Chickens à la Chipolata.*

Fry lightly two slices of rather fat bacon, and cut up into dice ; cut up into fillets two very young chickens, and put with the bacon into a stewpan ; add six small onions, fried in butter, and a dozen roasted chestnuts. Cover with *bouillon* or stock, and season with half a teaspoonful of pepper, and a blade of mace, pounded. Stew for a quarter of an hour ; skim off the fat, and add a glass of white wine ; simmer five minutes longer ; take out the chickens, and arrange on the dish ; reduce the sauce a little, and pour over with the onions and chestnuts. Serve with fried sippets.

889. *Escalopes of Fowls.*

Take off the white meat from three fowls in neat small fillets about the size of a half-crown piece, dip the pieces into clarified butter, and sprinkle with salt and white pepper. Fry the escalopes for ten minutes, then put them on a hot dish, and slice into the pan a peeled cucumber ; fry for two or three minutes ; then arrange round the escalopes, and pour round a good white sauce.

890. *Fillets of Fowl, au suprême.*

Take the meat in fillets cut in neat shape from three fowls ; lay two fillets together, with a little forcemeat between them ; sprinkle them with salt, and let them lie half an hour in clarified butter. Then dip in crumbs, and fry them in butter for ten minutes ; take out and keep hot till you fry as many pieces of

bread the same size ; pour off part of the butter, and replace it with a quarter of a pint of seasoned *bechamel*, shake it round the pan, pile the fillets on the dish, and pour the sauce over them ; then again arrange them alternately round the dish with the fried bread, which must not be covered with the sauce, the whole of which must be in the middle of the dish.

891. *To broil a Chicken.*

Cut open a chicken at the back, and flatten it ; dip it first in clarified butter, then in beaten egg, and cover well on both sides with egg and crumbs ; dip in butter again, put it upon a grid-iron, and broil over a slow fire at such a distance that the colour should be very pale ; turn it frequently. Make the sauce in a stewpan of a quarter of a pint of brown gravy, add a lump of sugar, a drachm of Cayenne, a dozen fresh or pickled mushrooms, two eschalots shred, and a teaspoonful of lemon-juice. When the sauce is properly reduced, and the chicken ready, which it will be in twenty or twenty-five minutes, pour the sauce into the dish, and serve the fowl, breast uppermost, and glazed, if you wish it, upon the sauce. The liver and gizzard may be sliced, broiled, and used to garnish the fowl, arranged alternately with sliced lemon.

892. *To hash cold Fowl.*

Cut up the remains of roast or boiled fowl into neat pieces ; break up the bones and trimmings, and put into a stewpan, with a pint and a half of veal broth or stock ; season with pepper, salt, and a little mace ; add half the thin peel of a small lemon, and an onion ; simmer this gravy for half an hour, then strain it into a clean stewpan, with two ounces of butter rolled in flour, and a tablespoonful of mushroom ketchup. Let the meat get hot at the side of the fire, turn it out in the sauce, and serve with sippets.

893. *Minced Chicken.*

Mince very finely any remains of dressed chicken ; then put the bones, trimmings, &c., into a stewpan with two spoonfuls of white stock, a teaspoonful of salt, half as much white pepper, and a blade of mace. Let it simmer half an hour, then skim

and strain into a clean saucepan. Add half a pint of cream and a tablespoonful of *roux*. Put in the minced fowl, and shake it over the fire till quite hot, but not boiling ; then serve in the sauce with thin pieces of broiled bacon, curled, and sippets, put alternately round it. If only for a nursery dinner, milk may be used instead of cream.

894. *Pulled Fowl.*

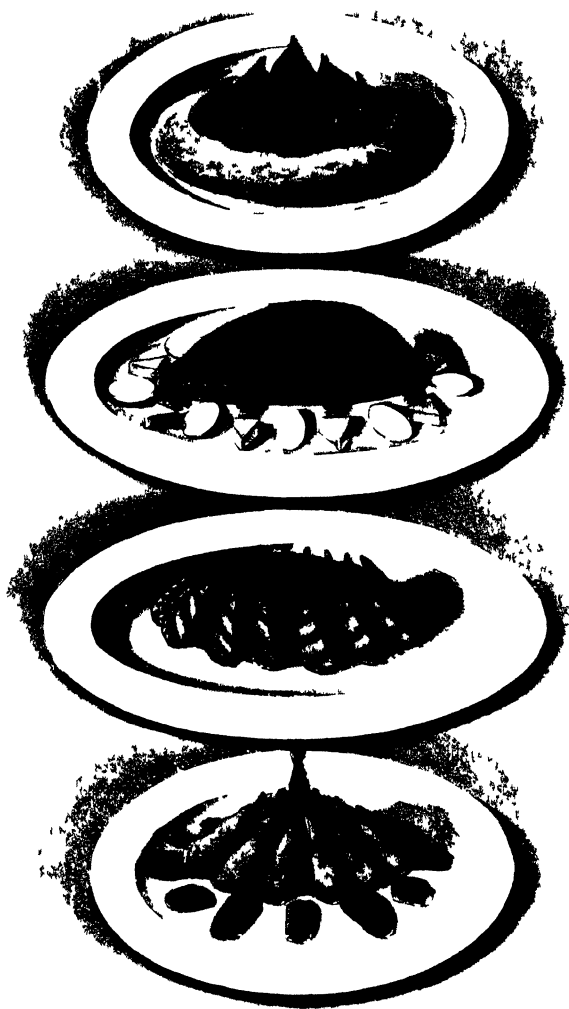
Skin the remains of cold fowl, and raise the white meat from the breast, wings, and sides, pulling it off in large pieces. Put the pieces into thick white sauce, with pepper, salt, mace, and a teaspoonful of lemon-juice, and set at the side of the fire to heat. Then take the legs and back of the fowl, sprinkle with a little salt and a great deal of black pepper; broil them lightly dipped in butter on a gridiron, and when the white meat is ready, turn it out on a dish. Lay the back upon it, and the legs, placed contrary ways, at the ends. Serve with sliced lemon and sippets.

895. *Croquettes of Fowl.*

Mince the remains of any dressed fowls very small, add a quarter as much minced ham, and two eschalots, also minced. Put them into a stewpan with two ounces of butter, and season with half a teaspoonful of pepper and half as much grated nutmeg. Shake them over the fire for five or ten minutes, according to quantity ; then beat up the yolks of two eggs ; mix with as much cream, and stir gently into the mince. In two minutes take it off the fire and let it cool. Make up the mince when cold into balls about an inch and a half in diameter; dip the balls, or *croquettes*, twice into egg and bread-crumbs, and fry in butter or oil till brown ; then serve them built up in the middle of a dish with mashed potato or boiled rice round them, and truffle sauce or mushroom sauce with them.

896. *Galantine of Fowl.*

This is a favourite and pretty supper dish. Split a fowl up the back, and bone it without injuring the skin ; then cut out of the inside a quantity of the meat, leaving a lining in the skin. Cut the meat you have taken out into long narrow strips, and



croquettes of Fowl

cartouche of Fowl

Mutton Cutlets à la Maitre d'

Maitre d' of Fowl

cut strips the same size and shape from a cold boiled tongue. Then lay the fowl open, with the breast downwards, and spread over the inside a layer about half an inch thick of well-seasoned fowl forcemeat (No. 196); over this put a layer of alternate strips of fowl and tongue—a few truffles spread over is a great improvement; then the forcemeat and strips, in alternate layers, till the fowl is filled. Then sew it up in proper form lightly in a napkin, and put in a stewpan, with a knuckle of veal, half a calf's foot, a carrot, a large onion, two teaspoonfuls of mixed salt and pepper, a clove, and a bunch of herbs. Cover with stock, and let the whole stew gently for an hour and three-quarters, or two hours if the fowl be large. Take up the fowl, but leave the stock to reduce another hour. Untie the fowl when cold, and take out the stitches; glaze it, and cover with crumbs of bread mixed with grated roasted chestnuts. When the stock is reduced to a jelly, clarify it, and when cold cut in forms to ornament the galantine, and serve round it alternately with hard-boiled eggs shelled and cut in halves.

897. *Fowl à la Tartare.*

Choose a large fowl, cut off the feet, and turn in the legs; split it open at the back, and beat it flat. Lay it a few minutes in clarified butter, then fry it in butter till browned lightly. Have ready some highly-seasoned bread-crumbs and egg, and cover the fowl well on both sides with the crumbs. Dip again into clarified butter, and broil slowly over the fire, turning it frequently, for twenty minutes. Then serve it in brown gravy in which the juice of a lemon has been mixed, garnished with pickled gherkins, and send in with it sauce *à la Tartare*.

898. *To pot Chicken and other Fowls.*

It is not usual to pot chickens whole, like grouse or other small game. The fowls must be roasted, the flesh cut entirely from the bones, and then cut into dice, and pounded in a mortar with about an equal quantity of butter, and, if approved, one-fourth of grated ham or tongue, seasoning as you go on with salt, pepper, and mace in larger proportion than in cooking any dish hot. Less salt will be necessary if ham or tongue be used, but more pepper and mace will be required. When

reduced to a perfectly smooth paste, fill your potting-pots, press the meat down, and pour clarified butter over it.

Turkey or Guinea fowl may be prepared in the same way. Geese and ducks require a strong seasoning of Cayenne, and need no mixture of ham or tongue. Pigeons are potted whole, like grouse or partridges.

899. *Guinea-Fowl.*

Guinea-fowls are usually eaten young, and hung as long as it is safe. They come conveniently into season when pheasants go out, at the end of January, and continue till the beginning of June, supplying the place of feathered game. The eggs of the guinea-fowl are very delicate, ranking next to those of the plover. The guinea-fowl is trussed like a turkey poult, with the head left on.

900. *To roast a Guinea-Fowl.*

Put a good forcemeat into the bird, lard the breast, and cover it with paper; baste it extremely well, for the meat is rather dry; roast nearly an hour, and serve with good gravy and bread-sauce, and send in bread-crumbs with it.

The remains of guinea-fowl may be sent in again dressed in the same way as cold turkey, pheasant, or fowl.

901. *To roast a Pea-Fowl.*

For a noble banquet, certainly no dish can have a more imposing effect than the aristocratic peacock, with his train of gorgeous feathers. In the ancient days of cookery it was customary to skin the bird without plucking, and send the roast bird to table in its natural envelope, *Paon Revêtu*. But whatever appearance the bird thus decked might have had at the feast, we must think the pleasure of carving would be small, and that of eating it less. In the present day a young pea-fowl, which may usually be had in good condition from January to June, is an excellent and noble dish. The tail feathers are carefully preserved to replace when the bird is served, and the head is left unplucked, and must be carefully covered with paper and placed under the wing. The bird must be larded, and roasted for an hour and a half: longer if large. Before

served, the paper must be taken off the head and neck, the plumage and crest trimmed, and the tail feathers stuck in. It may be served in gravy, or on watercresses.

902. *Swan.*

The swan is rarely cooked, or rather the cygnet, for it is only when young it is used for the table, and it is then a handsome as well as delicious bird. We give our receipt for roasting a cygnet, which has been tried and found excellent.

903. *To roast a Cygnet.*

Truss the bird as a goose for roasting. Take three pounds of young juicy beef; cut it into dice, and beat it in a mortar with two boiled onions, three ounces of butter, three teaspoonfuls of salt, one of pepper, and half as much mace. When the whole is quite smooth, stuff the cygnet with it, and tie it up firmly that the gravy may not escape. Cover the breast with a coarse paste, and the whole bird with buttered paper. Roast it at a clear fire, and baste it plentifully. It will require two hours, or rather more, if large, to roast it well; and half an hour before it is taken up the paper and paste must be removed, that the bird may brown. Have ready half a pint of strong beef gravy, heat it with the same quantity of port wine, and when the cygnet is taken up untie the ligatures, and pour the gravy through the body slowly upon the dish, and serve it with currant jelly sauce.

904. *Geese.*

In choosing a goose, you must apply to an honest poulterer, or use great judgment, for as it is a bird of great longevity, it is sometimes exposed for sale when much too aged for eating, especially if sold in the feathers; but this custom is now not common. The feet of an old goose are red, and grown with hairs. Geese are in good season in September, and continue till Christmas, after which the flesh becomes tough; a goose should not be eaten when more than a year old. In March the young geese, called green geese, come into season, and are fit for the table till in September they are dressed as full-grown geese. A full-grown goose should hang a week before it is cooked.

905. *To roast a Goose.*

Great care must be taken in plucking a goose to remove all the quill sockets, and singe the hairs. Cut off the neck close to the back, and the feet and pinions at the first joint. Put a skewer into the wing, and draw up the legs close. Dry the goose well inside and outside. Boil for ten minutes two chopped onions, then mix them with five or six leaves of sage minced fine, three tablespoonfuls of bread-crumbs, two teaspoonfuls of salt, one of pepper, and an ounce of butter. Put this stuffing into the body of the goose, and tie up the openings firmly. Baste it plentifully, roast from an hour and a half, even to two hours, if a very large bird, for a goose is disgusting and unwholesome food unless thoroughly cooked. Serve it with brown gravy and apple sauce (No. 48).

906. *To roast a Goose with chestnuts.*

Truss the goose for roasting, parboil one chopped onion, and mix with a sprig of parsley and an eschalot, all minced, pepper and salt, as in the sage and onion stuffing, twenty roasted chestnuts minced, and two ounces of butter. Mix the stuffing well, then put into the body of the goose and secure firmly. Roast as before, and serve in brown gravy, with tomata sauce (No. 35).

907. *To boil a Goose.*

Clean and pick a goose, and soak it for twelve hours in warm milk and water; dry it, and stuff with sage and onions as for roasting. Put it in cold water over the fire, and let it simmer gently for an hour and a quarter. Serve it with onion sauce (No. 32) poured over it, and stewed cabbage round it.

908. *Goose à la Daube.*

Lard the goose with lardoons covered with finely shred chives, parsley, and thyme, seasoned with pepper. Do not stuff it, but lay in a stewpan with an onion, an eschalot, a carrot, and a bunch of herbs. Pour over it as much stock as will cover it, two glasses of sherry, and two tablespoonfuls of brandy; cover the stewpan closely, and stew gently for

three hours ; then dish the goose, strain the sauce, and pour round it, and serve with mashed potatoes round the dish.

If you want the goose for cold, reduce the sauce to a jelly, and when cold, glaze the bird, and ornament with the jelly.

909. *To grill the legs of a Goose.*

The breast of a cold goose may be hashed as directed for turkey or fowl ; the legs may be dipped in clarified butter, peppered very highly, then covered with salted bread-crumbs, and again dipped in butter, and broiled till brown over a clear fire. Serve with tomato sauce, or hot sauce (No. 43).

910. *To roast a green Goose.*

Truss the same as a full-grown goose, but do not stuff the bird, only rub the inside with pepper and salt ; roast for an hour, and serve with good gravy, and tomato or sorrel sauce (No. 34).

911. *To stew Giblets.*

The giblets of a goose include the head, neck, feet, pinions, liver, and gizzard ; these, in plain family cooking, are often used for a pie, but they make an excellent stew when carefully cooked. Cut off the beak, and skin and split the head ; cut up the neck into pieces an inch and a half in length ; dip the feet in hot water, and scrape the skin off, and cut off the claws ; divide the pinions at the joints, and cut the liver and gizzard into thin slices. Throw all into cold water, and cleanse them perfectly ; then put them into a stewpan, with a bundle of herbs and parsley, two eschalots chopped fine, three cloves, two teaspoonfuls of salt, half a teaspoonful of Cayenne, and a blade of mace. Cover with a quart of *bouillon*, and stew for two hours gently over a slow fire ; then take out the giblets, strain the sauce into a clean stewpan, thicken with a spoonful of brown *roux*, and add a glass of sherry and half a tablespoonful of lemon-juice. Put the giblets into the sauce, and when hot arrange them neatly on a dish, the legs and pinions at the corners, the smaller pieces in the middle ; pour the sauce over, and serve with sippets.

912. *Ducks.*

Ducks are in the best condition in June and July, but may be procured at any season. The young ducklings of March and April are delicate and useful for the table. If a duck be lean and flabby at the breast, it may be suspected that it is old, as the young are plump and firm. The domestic duck may be distinguished from the wild duck by the feet being smaller, and of a yellow colour ; those of the wild duck are red.

913. *To roast Ducks.*

Ducks are trussed for roasting like geese, and require the same care in removing the stumps of the feathers, that the skin may be smooth. The feet of the duck must be left on, and plunged into hot water, that they may be skinned ; the points of the toes must be cut off, and the feet trussed at the back, close to the legs. Fill the ducks with the sage and onion stuffing directed for geese. Roast them at a good distance from a clear fire, basting them well. They will take forty or fifty minutes to roast, and must be served with good brown gravy.

914. *To boil a Duck.*

After you have trussed the duck, which must not be stuffed, sprinkle it well with salt, and hang it up for two days ; then wash it in cold water, enclose in a napkin, and boil it gently over a slow fire for an hour ; then serve it covered with good white onion sauce (No. 24).

915. *To stew Duck with Red Cabbage.*

Roast a fine young duck for twenty minutes, with the usual stuffing of sage and onions ; then lay it in a stewpan covered with a pint of gravy, and set it at the side of the fire till the ragoût of cabbage be ready. Shred a young red cabbage very fine, leaving out the stalk and outer leaves ; cover it with clear gravy, and put in two teaspoonfuls of salt and one of pepper. Stew for an hour, stirring it about ; then add the cabbage and liquor to the duck, with two ounces of butter ; stew gently for a quarter of an hour ; then lay the duck in the dish, take out

the cabbage, and arrange close round it, and strain the gravy over it.

916. *To stew a Duck with Turnips.*

Peel and cut into slices two middle-sized turnips, and fry in butter a light brown. Cut up a duck that has been half roasted, without stuffing, into joints and fillets, and lay in a stewpan, with the fried turnips over them; add a bunch of herbs and a whole onion, and season with two teaspoonfuls of salt, one of pepper, and a drachm of Cayenne. Cover with a pint of brown gravy, and a glass of port wine; stew for twenty minutes over a slow fire; then take out the onions and herbs; press the turnips, and raise in the middle of the dish; arrange the limbs and fillets of the duck round; strain the gravy, and pour over.

917. *To stew a Duck with Chestnuts.*

Bone the duck, and fill it with a forcemeat of two parts lean roast veal, a quarter as much finely-shred beef suet, the yolks of two hard-boiled eggs, mushrooms, young green onions, and parsley to fill up, seasoned well with pepper and salt, and well moistened with cream. Lay it in a stewpan with a whole onion and a bunch of herbs, and cover with *bouillon* or gravy; stew gently for an hour. In the meantime make a ragout of thirty or forty roasted chestnuts; seasoned only with a teaspoonful of salt, and stewed to a pulp in a quarter of a pint of white stock and two glasses of white wine. Dish the duck, and cover with the chestnuts in the sauce.

918. *To hash Duck.*

The remains of a roast duck make a very good hash cut up neatly, and laid in a stewpan with a plentiful seasoning of salt, pepper, and Cayenne. Cover with good brown gravy, thickened with a spoonful of *roux*; add a glass of port wine, and serve covered with stewed green peas, with the gravy over.

919. *Pigeons.*

In a well-stocked dovecote the birds can never be said to be out of season, for young ones, which only are eaten, are always

to be found, and form a capital resource for the cook on an emergency. Even at the poulterers, they are commonly met with all the year, except the very severe winter months. The pigeon should be plump and well fed. If the legs be large and red, the bird is old.

The wild or wood pigeon is a larger bird than the domestic pigeon, but makes, when young, an excellent roast. It can be dressed in every way like the tame bird, but should hang a few days before dressing.

The neck of the pigeon after it is plucked must be cut off close to the back, and in drawing the bird the liver must be left in, as there is no gall to injure the flavour.

For roasting, cut off the toes, make an incision through one leg and pass the other through it. Clean the gizzard, and put it under one of the pinions; flatten the breast, and skewer through the pinions, legs, and body.

For boiling, stewing, or for a pie, the feet must be cut off at the joint, and the legs turned and stuck into the sides close to the pinions.

920. *To roast Pigeons.*

Put into each bird a piece of butter, sprinkled with pepper; lay them before a brisk fire, basting them well; roast for twenty minutes; then serve them on cresses or fried crisp parsley, with good brown gravy, and send in with them parsley butter.

921. *To roast Pigeons, larded.*

Lard the pigeons delicately with very slender lardoons, cover the breast with a vine leaf, roast for half an hour, serve them in good gravy, with the vine leaves, and send in parsley butter with them.

922. *To boil Pigeons.*

Four pigeons make a neat dish. Truss them, and put into boiling water; simmer gently for fifteen minutes; have ready some stewed spinach, spread it on the dish, arrange the pigeons with a thin roll of broiled bacon between each bird, and more rolls round the whole, and cover with parsley butter.

923. *To broil Pigeons.*

Split the pigeons open at the back, flatten and dip them in oil or clarified butter; make a seasoning of pepper, salt, finely-minced parsley and chives, and cover the pigeons with it. Dip them again into the oil, and cover with bread-crumbs. Broil for ten or fifteen minutes over a clear fire till nicely browned; then serve in gravy, with tomata or any sharp sauce.

924. *Pigeons en Papillotes.*

Split and cut in two three good pigeons. Steep them in oil, and cover with a mixture of shred parsley, young onions, mushrooms, a little thyme, and the livers of the birds all minced as small as possible; cover the birds with this mixture; then sprinkle well with pepper; lay over thin slices of bacon, enclose each piece in buttered paper, and broil for fifteen minutes over a clear fire. Serve them in the papillotes, without sauce.

925. *Pigeons with Green Peas.*

Truss and roast four pigeons for only ten minutes; take them up, split them in two, and lay in a stewpan, with three ounces of butter rolled in flour. As soon as it is dissolved, put in a pint of very young peas, two teaspoonfuls of salt and one of pepper, and add two tablespoonfuls of *consommé*. Shake the pan round, and stew very gently for a quarter of an hour; take out the pigeons, and arrange in the middle of the dish, and lay the peas in the sauce round them.

926. *Pigeons with Cabbage.*

Shred a good-sized white cabbage very fine, and put it over the fire in cold water for a quarter of an hour; drain it, and put into fresh warm water, with a teaspoonful of salt. Change this after five minutes for warm milk and water, and in five minutes more drain it again, and lay at the bottom of a stewpan. Have three pigeons trussed as for boiling, with the livers minced with a little fat bacon, seasoned with pepper and salt, in the insides of the birds. Lay them on the cabbage, and cover with white stock. Stew gently for twenty minutes,

then add an ounce of butter rolled in flour, and two table-spoonfuls of cream. Stew another ten minutes, then serve the birds in the middle, with the cabbage and sauce round.

927. *Pigeons en Surprise.*

Truss four pigeons for boiling, leaving out the liver. Put them into boiling water for ten minutes, and in the meantime chop the livers small, with a slice of bacon, a bunch of parsley, two young onions, two eschalots, and four leaves of tarragon, mixed with the beaten yolks of two eggs, and seasoned with pepper and salt. Take four lettuces that have been boiled for ten minutes, open the leaves, and cover the inside with the forcemeat. Take up the parboiled pigeons, dip them in clarified butter, and put one pigeon in each lettuce, closing the leaves round it and binding them with thread. Put them upright in a stewpan, with two cloves of garlic, a carrot, a bunch of parsley, a teaspoonful of pepper, and a blade of mace. Cover with *bouillon*, and stew gently for an hour. Take out the lettuces and remove the thread; wipe the leaves gently with a napkin, and drain them before the fire till you reduce and strain the sauce; thicken it with a spoonful of *roux*. Add a glass of white wine, and serve the pigeons in the lettuces standing upright, with the sauce poured round them.

928. *Compôte of Pigeons.*

Make ready as for boiling four pigeons; tie, but do not skewer them. Put them into a stewpan with half a pound of streaked bacon cut into dice, and two ounces of butter. Turn the birds over till they are quite browned; then take them out, as well as the bacon, and add a tablespoonful of flour by degrees to the butter in the stewpan. Let it brown, and then stir in half a pint of *bouillon*, or brown stock, and a glass of port wine. Add six or eight small onions and as many small mushrooms, half a teaspoonful of white pepper, and a few grains of Cayenne. Put in the bacon and the pigeons, and when they have stewed gently half an hour, add a spoonful of tomato sauce (No. 35), after which continue to simmer another quarter of an hour. Then dish the birds; lay the bacon, onions, and mushrooms between them; strain the sauce, and pour it round them.

929. *To stew Pigeons.*

Make ready four pigeons, mince the livers, mix with twice the quantity of fine bread-crumbs seasoned well, the yolks of two hard-boiled eggs chopped small, half a teaspoonful of minced lemon-peel, and as much minced thyme and savory. Fill the pigeons with this, putting into each a small piece of butter; lay them in a stewpan that will just hold them, fill up with good *bouillon* or stock, and stew gently for half an hour; then take them out, strain the sauce, thicken it with two table-spoonfuls of cream beat up with the yolks of two eggs; season with pepper and salt. Put in the pigeons for a minute to heat, then serve in the sauce, with small pickled or stewed mushrooms round the dish.

930. *Galantine of Pigeons.*

Roast two pigeons with the head and the feet on, but cut off the ends of the toes; clean the heads and cover them with paper; do not break the necks. Baste the birds, and take care they are a nice uniform brown. Have ready some good clear savoury jelly, warm it, and half fill an oval bowl of convenient size. Let the pigeons be nearly cold, tying the head to appear in a natural position, and bending the feet under them as if the birds were sitting on them. Put a sprig of myrtle into the bill of each bird, and before the jelly becomes stiff put the birds carefully into it, with the backs and heads downward. Then fill up the bowl over the feet of the birds, and let the jelly stand twenty-four hours to be completely firm. Then turn it out upon a dish, so that the birds may appear in a natural position in the jelly.

This is a pretty *entrée* for a large table where variety is required.

CHAPTER XVI.

CURRIES, SAUSAGES, &c.

CURRIES, very agreeable, and if well combined whole-some preparations ; sausages, a seasoned mincemeat of well-known celebrity, and other minced delicacies, require much care in mingling the seasonings and ingredients in due proportion to produce that desirable harmony of materials that may defy the critical to discover what they are composed of.

Curries are of Eastern invention, and in the hot climate of India are grateful, if not absolutely necessary stimulants to the relaxed system. Families who have resided in India never relinquish their taste for curries, and in these families only the currie is usually met with excellently cooked.

Sausages are generally well made in England, except the French and Italian sausages, which are usually prepared to eat cold and uncooked, and are rarely made palatable by English cooks. Other preparations of pork, &c., in skins, peculiarly Scotch, we give the receipts for, though we cannot recommend the dishes.

931. *Curries.*

The English currie is too often rendered nauseous by a careless adaptation of the seasoning. In the mixture of the currie-powder the greatest accuracy is required, and it is usually much better made up by a good cook at home, if you can procure the spices genuine, than the powder ready mixed which you buy, and which is too often adulterated. Currie-powder must invariably be kept in a wide mouthed bottle, closely covered, so that the air be perfectly excluded ; and stored in a thoroughly dry closet.

Curries may be made of game, fowl, any dressed meat, or especially fish, of which the best curries are made. Vegetables, also, are often curried in India, either alone or combined with various meats. But it must be particularly remembered that in India the currie, of whatever it may be composed, is only, like the pilau, intended as a sauce or relish to the delicately boiled rice, which is the important part of the dish, and which should be prepared with the most scrupulous attention.

Indian cooks do not keep the currie-powder prepared, but mix the seasonings when wanted in such proportion as the meat may require. The advantage of having the fresh green chilis, and the juice of the turmeric root, we cannot obtain in England; but substitutes may be introduced with judgment. Above all, turmeric powder should be used sparingly, and Cayenne with strict attention to the direction, or the flavours will predominate, and ruin the delicacy of the currie.

We shall in the first place give a receipt for properly boiling the rice, which must always be sent to table with the currie, on a separate dish.

932. *To boil Rice for Currie.*

In India, the Patna rice, the grains of which are very small, is used with currie; but it is not often sold in England, and the best Carolina rice may be substituted. Wash half a pound of rice in two waters, and pick it very clean. Put it into two quarts of boiling water, in which two teaspoonfuls of salt have been thrown; stew slowly, uncovered, keeping down the boiling by adding a cup of cold water once or twice, for fifteen minutes, taking care the grains do not break. Turn it out and drain it on a napkin till dry, then put it into a stewpan with an ounce of butter, and set by the side of the fire till the grains become tender, though they remain unbroken. Do not stir or touch the rice while boiling; the water will keep the grains apart, and preserve them from breaking. Dish up separately, and serve with any currie or pilau.*

* The Arabs steep the grains in butter (*ghée*) before boiling, to prevent the escape of the *gluten*, or starch, and assert that the nourishment is withdrawn from the grain and communicated to the liquor without this precaution; and when rice forms the chief part of the food of the people, this mode should certainly be adopted.

933. *Dr. Kitchener's Currie Powder.*

Coriander seed, 3 oz.—turmeric, 3 oz.—black pepper, 1 oz.—Cayenne, $\frac{1}{4}$ oz.—ginger, 1 oz.—lesser cardamoms, $\frac{1}{2}$ oz.—cinnamon and cummin seed, each $\frac{1}{4}$ oz.

Thoroughly pound and mix together, and keep in a well-stopped bottle.

Dr. Kitchener eulogizes this receipt, but we find the proportion of turmeric rather large.

934. *Madras Currie Powder.*

Coriander seed, 6 oz.—turmeric, 3 oz.—black pepper, 2 oz.—Cayenne, $\frac{1}{2}$ oz.—fænugreek seed, 1 oz.—cummin seed, 2 oz.

Pound and sift the powder before you bottle it, and if the flavour of turmeric be disapproved, substitute saffron. This is a good receipt for a hot currie.

935. *An Indian Currie Powder.*

Coriander seed, 2 oz.—fresh yellow turmeric, 2 oz.—black pepper, $\frac{1}{2}$ oz.—Cayenne pepper, $\frac{1}{4}$ oz.—lesser cardamoms, $\frac{1}{2}$ oz.—cinnamon, mace, cloves, of each 1 drachm.

Reduce to fine powder, and preserve in an air-tight bottle. This receipt, long used by an old family from India, we consider to be the best we are acquainted with, provided always the peppers be had genuine, and the turmeric fresh. These can only be obtained from a highly respectable chemist.

936. *A Currie of Rabbit.*

The insipid nature of the flesh of the rabbit, and the facility of obtaining it at any place and in any season, cause the rabbit currie to be most common. Cut up two rabbits into joints and fillets, and put into a stewpan, with three ounces of butter; turn and shake them till they are browned; take out the pieces, and put in six small onions, sliced; brown them; pour over them a pint of stock, and mix with it carefully a tablespoonful

of currie-powder. Put in the rabbit, and stew gently for an hour ; then dish the rabbit neatly, with the onions and sauce over it. Add a teaspoonful of lemon-juice before you serve. Hare may be curried the same way.

937. *A Currie of Chicken.*

All white meats make good curries, and require no more stimulating accompaniment than the currie-powder, though some cooks persist in adding minced bacon to rabbit or chicken currie. This is, however, a thoroughly English addition, and destroys the Oriental character of the dish. Cut up a good-sized chicken, and fry it with two or three sliced onions, and one sliced apple, in butter, and add a tablespoonful of grated chestnuts. Lay the whole in a stewpan, with a clove of garlic, and a pint of good stock, or gravy, and simmer gently for three-quarters of an hour ; then rub a tablespoonful of currie-powder and a tablespoonful of flour into a paste, with an ounce of butter ; mix this with two tablespoonfuls of cream, and stir it into the currie ; simmer half an hour longer ; add a teaspoonful of salt, and a tablespoonful of lemon-juice, and serve with rice as usual.

The joints of chicken are sometimes rubbed over with the currie-powder, instead of mixing it with the sauce ; but this method is less certain than measuring the ingredients. Ducks or any poultry make excellent curries.

938. *A Currie of Veal, &c.*

Any meat may be curried, whether cooked before or not, but uncooked meat is always preferable, as more juicy and wholesome. If, however, cold meat be used, it will not require to be so long fried or stewed. About two pounds of veal, cut from the breast, will make an excellent currie. Slice and cut it into squares, put it into a stewpan, with an onion and an eschalot, sliced, a little shred parsley, and a teaspoonful of shred lemon-peel. Add two ounces of butter, and brown the whole ; then a pint of veal stock, and simmer three quarters of an hour ; strain the gravy, strew over the meat two tablespoonfuls of currie-powder and a teaspoonful of salt ; pour the gravy back, and stew half an hour longer ; then serve with rice.

939. *A Currie of Game.*

This currie may be made of any wild birds, cooked or uncooked, cut up and make ready like the fowl. The addition of a tablespoonful of the rasped kernel meat of a cocoa-nut, and an unripe apple sliced, improves the currie greatly. Use the currie-powder only in the proportion of one tablespoonful to a pound of meat. Finish as in the former receipts.

940. *A Bengal Currie.*

Pound in a mortar six small onions, with a drachm of Cayenne, an ounce of coriander seed, and a teaspoonful of salt. Put a quarter of a pound of butter into a stewpan with a clove of garlic minced, and two drachms of fresh turmeric. Then mix the pounded ingredients well with half a pint of thick cream, and put the whole into a stewpan with a fowl or rabbit cut up and fried, or as much of any kind of meat; add two ounces of grated cocoa-nut, and stew all for an hour. This is a mild currie.

941. *A Malay Currie.*

Cut up a fowl, and brown in a stewpan with a quarter of a pound of butter and two ounces of blanched almonds; then pound the almonds in a mortar with the thin rind of a lemon and a large fresh onion, till they form a smooth paste; add a tablespoonful of currie-powder, and a teaspoonful of salt, and put all into the stewpan with the fowl, and half a pint of cream, and simmer for an hour. Squeeze over it a little lemon-juice before serving. It must be frequently turned over to prevent it burning, as it will be nearly dry. This currie is delicious.

942. *A good Indian Currie.*

Cut up two pounds of mutton or veal, or fowl, into neat thick pieces. Mix a tablespoonful of currie-powder with as much flour, and two teaspoonfuls of salt, and rub over the meat well. Put into a stewpan a quarter of a pound of butter, and fry in it four large onions, and a clove of garlic sliced. Make them a light brown colour; take them out and drain

them, and put in and fry the meat slowly to the same colour ; take it out also, and drain from the fat. Then lay the meat in a clean stewpan, with the onions upon it, and cover it nearly with hot gravy ; let it stew a little, then mix another spoonful of currie-powder with two tablespoonfuls of gravy, and stir into the pan, shaking it round that it may be well mixed ; add a large unripe apple cut in thin slices, and let all stew from one to two hours, till the meat be perfectly tender ; then serve with rice.

943. *A Currie of Meat and Vegetables.*

The addition of vegetables to a meat currie is thought in some families indispensable, and is very common in India. In this case, only the meat and the onions are fried ; then add sliced cucumber, spinach, French beans, sorrel, and vegetable-marrow,—all or any of these sliced or shred, with a due seasoning of salt and currie-powder, in proportion to the weight. The liquor in which the meat and vegetables is stewed should be strong stock, gravy, or cream ; the quantity sufficient to keep all moist whilst stewing, but not to afford any sauce. Stew an hour, or till all be quite tender, and serve with rice.

944. *A Currie of Fish.*

Fish is much used in India for curries, and as a *maigre entrée*, is very useful in English families. Cod fish, haddocks, skate, soles, halibut, salmon, or carp are good for the purpose, besides the delicate shell-fish. It is advisable to throw a little salt on the fish you mean for currie, and let it lie a day or two before you use it ; but even, on an emergency, dressed fish may be used, only it will not require frying ; it must be stewed in fish stock, and it will take less time to cook it. When uncooked, cut up in neat fillets, fry for five minutes, then stew a quarter of an hour in as much water as will barely cover it, then add a tablespoonful of currie powder, mixed in two ounces of butter ; fry two minced onions and one shalot brown, and add to the fish, with a tablespoonful of lemon-juice. Another quarter of an hour will complete the currie, which must be sent in with rice.

945. *Currie of Lobster or Crab.*

As a *maigre* dish, a currie of shell fish is convenient, nutritious, and handsome. The quantity of meat contained in a good lobster makes it the most useful foundation of a currie, but crabs, and even large prawns, may be dressed after the same receipt. Take the whole of the meat out of one large or two small lobsters, cut it into neat pieces ; chop a clove of garlic, and then pound it in a mortar with a teaspoonful of salt, a tablespoonful of grated cocoa-nut, a tablespoonful of currie-powder, and an ounce of butter. Reduce these to a smooth paste, and put into a stewpan with four ounces of butter ; when dissolved and thoroughly mixed, put in the lobster, a sliced onion, and a pint of French beans cut in lozenges. Shake the pan round till all be equally mingled ; add at intervals two or three tablespoonfuls of cream, and a tablespoonful of lemon-juice. Stew very slowly, and as soon as the vegetables are tender, turn out the currie, and arrange with the beans round the fish. Serve with rice.

946. *Currie of Oysters or Mussels.*

Oysters and mussels should always be carefully bearded before they are cooked. For a currie you may take six score of oysters ; take them out of the shells, and pour into a basin all the liquor ; then fry in two ounces of butter a large onion in thin slices ; when it is quite browned, stir into the butter two tablespoonfuls of currie-powder, two tablespoonfuls of grated cocoa-nut, a teaspoonful of salt, and an unripe apple minced fine, with three tablespoonfuls of cream. Cover the stewpan, and let it simmer for ten minutes, then add the oysters and their liquor ; stir all well with a wooden spoon, add half a tablespoonful of lemon-juice, and in ten minutes serve the currie with rice. This is one of the most delicate curries. Some cooks add vegetables—spinach, vegetable-marrow, or cucumber ; but much of the flavour of the oyster is lost by this mixture.

947. *Currie of Eggs.*

Boil six eggs quite hard, and when cold, cut in slices and lay aside till you fry in butter two onions shred very fine ; add

one tablespoonful of currie-powder, two ounces of butter rolled in flour, and by degrees half a pint of veal stock ; or if you want the currie as a *maigre* dish, fish stock, let the whole boil up for a quarter of an hour, then stir in very slowly two tablespoonfuls of cream, simmer five minutes, then put in the sliced egg, and let it heat slowly for four or five minutes, and serve in the sauce.

948. *Currie of Rice.*

Fry an onion sliced, and pound it in a mortar, with two teaspoonfuls of salt, two tablespoonfuls of currie-powder, and an ounce of butter, into a paste. Have ready half a pound of Carolina rice, boiled and drained as if to serve with currie ; put it into a stewpan with two ounces of butter ; mix the pounded paste with three tablespoonfuls of cream, and stir into the rice over the fire. Let it be thoroughly mixed and heated, then serve. This is a simple, inexpensive, and nutritious dish. Maccaroni and other Italian pastes may be curried in the same way.

949. *Currie of Vegetables.*

The best vegetables for curries are spinach, sorrel, young cabbages, or cauliflowers. All these may be dressed separate, or together with onions and garlic. Celery, cucumbers, green peas, or French beans, with apples or gooseberries, can also be curried, together or separate. It is rarely a vegetable currie is required to be enriched with gravy, but this can easily be done by substituting for it an equal proportion of cream or butter. Shred, slice, or mince the vegetables ; fry them lightly in butter, add a good proportion of currie powder (usually two tablespoonfuls will be necessary for a good-sized dish of curry) ; blend the whole with as much cream, clarified butter, or fish stock as will stew them, and simmer till the vegetables are quite tender. A tablespoonful of lemon-juice will usually be an improvement, and rice must be served as usual.

950. *A Pilau of Fowl.*

The pilau is the common food of the Arabian and Persian tribes, and is much used in the East, and by English families who have been long used to Oriental cookery, the preparation

of the rice being the most important part, the meat being an object of minor consideration. Cut up a fowl, put it into a stewpan covered with stock, with two teaspoonfuls of salt, one teaspoonful of white pepper, and a drachm of powdered mace. Stew gently for three-quarters of an hour, then take out the fowl and put half a pound of rice by degrees into the stock, letting it simmer, but do not stir or touch the rice, lest it be broken; stew till the rice has imbibed all the broth, then add three ounces of butter, cut in pieces and scattered over the rice. Cover the stewpan at the side of the fire till the butter be melted and mixed with the rice, which must remain to be tender, but be quite unbroken. Fry the fowl lightly in butter, and when the rice is turned out on the dish put the pieces neatly upon it.

951. *An Arabian Pilau.*

Take four pounds of mutton or lamb; usually the breast, neck, or loin, affords the best meat for the purpose; put it into two quarts of broth, and stew gently for an hour and a half, with a seasoning of salt, pepper, and mace. Take out the meat, and put into the broth a pound of Carolina rice, and simmer gently for half an hour; then add four ounces of butter in pieces, and simmer a quarter of an hour, or till the rice be tender, but unbroken. Cut up the meat into squares of an inch and a half, fry lightly in butter, then serve among the rice. Hard-boiled eggs, cut in slices, are sometimes placed round the dish.

951.* *Kidgerree.*

Kidgerree is chiefly used as a breakfast dish, especially on *maigre days*. Boil the rice as for curry, and when dry put it into a stewpan, and add an equal quantity of fried sole or whiting, raised from the bones in neat fillets, two ounces of butter, a good seasoning of salt, Cayenne, and black pepper; stir the whole over the fire till thoroughly heated, then beat two eggs, stir them in, and serve the whole immediately hot, in a silver dish.

Any scallops of cold fish may be used, and a few shrimps are an improvement. In India the green chili is introduced as seasoning.

952. *Sausages.*

In London, and in most large towns, sausages are usually bought of a dealer, and cannot always be depended on as being made of wholesome meat and with due cleanliness. In country families sausages are home-made, varied according to taste, and form a very useful addition to a plain family breakfast or dinner. Many kinds of meat, properly seasoned, may be used for sausages; the great matter is to have the chitterlings, as they are called (the skins of the intestines of the hog) perfectly cleaned and cured.

953. *Good Pork Sausages.*

Take pork in proportion of two parts lean to one fat, mince it fine, removing every particle of skin and sinew; season with, to every three pounds of sausage meat, two teaspoonfuls of salt, one of pepper, two of minced sage, and a drachm each of mace and nutmeg; mix the seasoning well with the meat, wash the skins very clean, and scrape them to be as thin as possible. Fill the skins about three-quarters with the meat, and tie the ends close, dividing them by ties into links; then hang them up in a cool larder till wanted to cook. If not objected to, a shalot minced finely with the sage adds to the flavour of the sausage.

954. *Sausages to serve cold.*

Take six pounds of fat and lean pork, rub over with a little saltpetre and black pepper, strew over with salt, and let it lie five or six days. Shred the meat as fine as possible, with two eschalots and a clove of garlic; grate a nutmeg over the meat, and use very large skins to contain it; tie up in different places, about eight inches apart, in links; hang up in a chimney or smoke-house, covered with thin muslin, that it may be smoked and dried. When wanted, boil for half an hour, then let it stand, and serve cold on a napkin.

955. *Bologna Sausages.*

The Italian sausages are eaten without any cooking, and are generally in very large skins. Those of the ox are often used. The best imitation we know is made according to these directions. Take three pounds each of lean pork and beef, cut into pieces, and pound in a mortar

with a clove of garlic ; when half pounded, add by degrees the seasoning—two teaspoonfuls of salt, one of powdered saltpetre, one of white pepper, half a teaspoonful of pounded mace, and two cloves. Reduce the whole to a perfectly smooth paste. Have the skins ready, which must be very well cured. Mix about two dozen white peppercorns with the meat, keeping them at equal distances. Cut some very long thin strips of fat bacon, and as you fill the skins put two or three of the strips lengthwise in the midst of the meat. Tie up the ends of the skins when filled, and smoke them for three or four months. They are then ready to eat cold and uncooked, and are favourite dainties of the Italians, and not unwelcome at an English table.

956. *Oxford Sausages.*

Mince very small a pound and a half of lean pork, as much veal, and three quarters of a pound of beef suet. Season with three teaspoonfuls of salt, one of white pepper, half a teaspoonful of Cayenne, as much mace, and a large tablespoonful of dried sage rubbed fine. Steep for a minute or two in butter the crumb of a French roll ; mix all thoroughly with three well-beaten eggs. Then fill the skins three quarters, and fry before they are sent to table.

957. *Mutton Sausages.*

Mutton requires to be perfectly cooked to make it eatable ; it is therefore necessary to half roast the meat intended for sausages. The leg is the best part for the purpose. Mince two pounds very finely, half a pound of beef suet, two anchovies, and thirty oysters. Add half a pound of crumbs, finely grated ; season with two tablespoonfuls of salt, one of pepper, half a teaspoonful of mace and nutmeg mixed, and when well mingled with the meat add the liquor from the oysters, and a tablespoonful of the anchovy liquor. Fill the skins as usual, and fry ; or the meat is sometimes made up with beaten eggs, and fried in balls.

958. *Game Sausages.*

Game sausages may be made of any remains of dressed game very well pounded with a third of lean ham, and as much

butter added. The seasoning must be only salt, pepper, and a small quantity of mace, and no herbs should be added, except you choose to mince a few truffles. Put into skins and fry, or serve cold without further cooking.

959. *Beef Rolls as Sausages.*

Cut thin lean slices from an uncooked rump of beef, trim them to the proper length and breadth to roll, mince the trimmings with a quarter as much beef suet ; mix a seasoning of pepper and salt, with parsley, young onions, an eschalot, and two or three mushrooms. All must be shred very fine, and made up into a forcemeat with the yolks of four eggs well beat. Spread this forcemeat over the sliced meat, and roll up into the form of sausages. Tie them up firmly and lay in a stew-pan with an onion stuck with three cloves, a carrot, a parsnip, and a little seasoning of pepper and salt. Cover the rolls with *bouillon* and a glass of sherry, and stew gently for three quarters of an hour. Take out the sausages, which may then be either dipped in egg and bread-crumbs, and grilled, or served in the sauce, after it has been strained and reduced. These rolls are sometimes allowed to cool in the sauce, after it has been reduced to a jelly, and are then served in it cold, on a napkin, as an *entrée*.

960. *French Sausages.*

Cut into pieces a boiled sweetbread of veal, a pound or fresh lean pork, and a pound of fat bacon. The livers of two or three fowls may be fried first, and added. Pound all these in a mortar with a clove of garlic, two truffles, and a seasoning of a teaspoonful of salt, half as much saltpetre, the same quantity of sugar and of mace, and a teaspoonful of white pepper. All must be worked into a smooth paste ; then filled into skins, with a few peppercorns scattered amongst the meat, and long strips of fat bacon inserted as in the Italian sausages. The skins must be large, and tied only at each end, and hung up to dry. They are eaten cold, and uncooked.

961. *Sausages of Fowl.*

Take a pound of meat cut from any remains of dressed poultry ; beard thirty oysters, setting aside the liquor, and chop

a quarter of a pound of fresh beef suet. Pound the fowl, oysters, and suet in a mortar, carefully removing every bit of skin or sinew; add by degrees two tablespoonfuls of fine crumbs, and season with two teaspoonfuls of salt and one of white pepper; moisten the whole with the liquor from the oysters; and when reduced to a paste, put into skins to eat cold, or make up into cakes to fry and serve hot, as an *entrée*.

962. *White Puddings à la Bourgeoise.*

Boil half a pint of bread-crumbs in a pint of cream, and set it aside to cool. Cut into dice six small onions, a pound of cold roast fowl, and half a pound of the inner fat of the hog; put the onions and meat into a stewpan, with three ounces of butter, and simmer for a quarter of an hour; then beat up with the crumbs and cream a teaspoonful of white pepper, two teaspoonfuls of salt, and the yolks of six eggs. Stir this by degrees into the stew, let it get well mixed for five minutes; take the pan off the fire, and fill clean well-prepared skins three parts with the mixture; tie up firmly in links; put them into boiling water, and simmer for ten minutes; drain, and hang them up to cool. When wanted, broil them covered with buttered paper; take off the paper and serve on a napkin.

963. *A Scotch Haggis.*

This curious dish, so highly appreciated, and so warmly eulogized by the inhabitants of Scotland, is rarely brought to English tables, except as a compliment to national taste, when occasion demands it. A haggis may be of sheep or lamb; it is usually the former. The first thing necessary is to procure and get made perfectly clean, the stomach-bag of the sheep, together with the pluck, as it is called in Scotland, which comprehends the liver, the heart, the sweetbread, and the midriff, or inner stomach-bag. After washing and soaking the bag twenty-four hours in cold water and salt, plunge it into hot water, scrape and perfectly cleanse it. Then boil the smaller bag and liver for an hour and a half: an hour will be sufficient for the heart and sweetbread. Grate half the liver, and mince finely the heart, the sweetbread, the smaller bag, and half a pound of beef suet very small. To this mince some cooks

add a pound of beef, and two onions, also finely minced ; mix the mince with half a pint of Scotch oatmeal dried before the fire, season with two teaspoonfuls of salt, one teaspoonful of black pepper, and four pounded cloves. Moisten the whole with half a pint of beef gravy, or the broth in which the meat has been boiled. Put the mince into the bag which has been made clean, but only half fill it, for the meal and meat will expand. Sew up the mouth securely, put it into boiling water, and pierce it with a long needle occasionally, to allow the air to escape. It will require three hours to boil it thoroughly, and must be served without gravy or sauce. This is the genuine Scotch haggis—Burns's "Great chieftain o' the pudding race" !



CHAPTER XVII.

EGGS, OMELETTES, MACARONI, CHEESE.

CHAPTERS might be written on the use and abuse of the blessing of eggs, cheap and plentiful, wholesome and nourishing, usually agreeable to the palate of young and old, and attainable at every place, and in every season. Such is the egg by itself ; but the multitude of uses in which the cook can employ it cannot be enumerated, and the various substitutes which have been recommended in the place of eggs have all failed to be adopted by skilful cooks ; the price of eggs, native or imported, being, at no season, very extravagant ; and the many modes of preserving them in the season of plenty, may secure a certain supply for all purposes, except, perhaps, boiling for the breakfast-table, in any time of scarcity.

But as an egg is certainly in perfection when quite fresh, it is necessary to be cautious if you have to purchase. The safest reliance is on the tried honesty of the vendor ; but if in any doubt, hold the egg up between you and the light, and if the white appears clear and the yolk unclouded, you may conclude the egg to be fresh ; especially if a sort of bloom be seen in the shell, which lime-water or oil destroys. The most easily obtained and cheapest of eggs are those of the common barn-door fowl, though the Cochin China fowl, introduced not many years ago, is not more valued for its curious appearance and habits than for the peculiar delicacy and abundance of its eggs, which may be obtained fresh through the winter. The egg of the turkey, large and of excellent flavour, is much esteemed, as well as that of the guinea-fowl, which is very delicate. The eggs of the goose and duck are rich, and extremely useful for puddings and custards ; but are rarely dressed simply, for they have a peculiar taste not always approved. The

most delicious eggs are those of the plover, which are, however, scarce, and those of the rook, which resemble them much in appearance, though they are greatly inferior in flavour.

Sea-gulls' eggs, boiled very hard and eaten with salt, pepper, vinegar, and mustard, are said to be excellent. We cannot recommend them from experience.

965. *To preserve Eggs.*

This receipt is scarcely necessary now when eggs may be procured at any season, through every part of the kingdom. But in very remote situations, and to economical families, it may be useful to insure a supply when they are plentiful, to provide against the advanced prices of the winter season. One of the simplest and best modes which we have tested is as below.

Put into a tub a bushel of quick-lime, mixed with a pound of cream of tartar and two pounds and a half of salt, filling up the tub half with water, and stirring it till the salt seems well dissolved; then procure fresh eggs, and put them as you collect them into the mixture, in which they will swim and be preserved for every purpose except the breakfast-table, for ten or twelve months.

Another excellent method is to dip the eggs several times in clarified butter, oil, or dissolved gum, till they are thoroughly coated; then put them in nets and hang them in a dry store-room, never hot, and never very cold.

Besides these, there are modes of keeping eggs buried in bran or sand, but these often fail of success.

966. *To boil Eggs.*

Boiled eggs form one of the standing necessities of the breakfast-table, and every kitchen-maid will assert that she can boil an egg; but, as in the simple operation of boiling potatoes, few will take the trouble to perform it well. In the first place, the egg must be perfectly fresh; in the next place, if the weather be cold, warm the egg a minute at the fire before you put it into boiling water, or the heat may cause the shell to expand and crack. Therefore, in the winter season, some



EGG-BOILER.

cooks put on the eggs in cold water, taking them out as soon as the water boils, when they are generally well done. But the more certain method is, to put them gently, with an egg-spoon or wire egg-boiler, into the boiling water, and allow them to boil three or four minutes, according to taste : it will require full four minutes to render the white firm. Always have sufficient water in the egg-pan to cover them completely. This time of boiling applies to hens' eggs only.

967. *To boil Turkeys' Eggs.*

Turkeys' eggs are a welcome addition to the breakfast-table, and, plainly boiled, require from five to seven minutes. They are of great use for omelettes, custards, and all dishes in which eggs are required.

968. *To poach Eggs.*

Have a wide stewpan half filled with perfectly clean boiling water, in which a teaspoonful of salt has been thrown ; break each egg into a small cup and slide it gently into the water ; in about three minutes the whites will be firm ; then lift them from the water in a wire poaching-spoon, which will drain off the water. If not quite round, trim the edge, and serve the eggs on bread toasted and buttered, spinach, or any other dish, they are intended to accompany. Turkeys' eggs will require a minute or two longer to render them firm ; guinea-fowls' eggs a minute less.

969. *To fry Eggs.*

Break the eggs carefully into cups, as for poaching. Have the frying-pan ready with plenty of boiling butter or oil ; slide the eggs gently in, and with a spoon baste a little of the butter over them, for they must not be turned. As soon as the yolk appears white, showing the deep colour through, and the white is firm though transparent, which will usually be in two minutes, lift them out with a perforated slice, that they may be drained, and serve them with brown gravy, or with small slices of ham or bacon round them.

970. *To steam Eggs.*

Butter a dish, and slide upon it six eggs broken as for poaching ; strew over them very small pieces of butter, taking care not to break the yolks. Set the dish over a pan of boiling water, and turn another dish over it. In four minutes, more or less, the whites will be set ; then strew a little salt over the eggs, and serve with fried ham, or any similar dish.

971. *Buttered Eggs.*

Beat five eggs, the yolks and whites together very well, with a teaspoonful of salt. Put a quarter of a pound of butter into a basin, which place in boiling water to dissolve the butter ; pour the butter first, then the eggs, into a saucepan, which place over a slow fire, and pour the contents backward and forward into a basin and back into the pan, until perfectly mixed, hot, and somewhat thick ; then serve poured over toast, or in a turcen, as sauce to salt fish or red herrings.

972. *Eggs with burnt Butter.*

Put three ounces of butter into a frying-pan, and let it burn a little ; break five eggs into cups as for poaching, put them into the butter, strew over them salt and grated nutmeg, and pour half the burnt butter over them ; let them remain a minute or two till set. Have ready a toast, over which pour a tablespoonful of vinegar ; take out the eggs with a perforated slice, and serve on the toast.

973. *Eggs à la Crème, savoury.*

Beat five eggs into a froth, stirring in by degrees half a pint of cream and a teaspoonful of salt. When well mixed, pour it into a buttered mould, and set it over boiling water, or in an oven, for ten minutes ; then turn it out, and pour round it rich brown gravy.

974. *Eggs with Sorrel.*

Put into a stewpan a quarter of a pound of butter, and when dissolved add to it a pint of shred sorrel, two teaspoonfuls of

salt, and one of pepper ; simmer it slowly till the sorrel be quite tender, skimming it well, and stirring in by degrees a quarter of a pint of cream and the yolks of four hard-boiled eggs bruised smooth. Have ready six hard-boiled eggs, and when the sorrel is ready, turn it out smooth on a dish ; cut the eggs into quarters, and arrange them over and round it.

975. *Eggs à la Tripe.*

Boil twelve eggs for ten minutes, then put them into cold water for a few minutes, and put into a stewpan three ounces of butter rolled in flour ; allow it to dissolve while you shell the eggs and slice them into thin slices ; add to the butter six onions, boiled and minced fine, with two teaspoonfuls of salt and one of white pepper, and stir in by degrees two tablespoonfuls of cream. Simmer for ten minutes ; after which put in the sliced eggs, shaking the pan round to mix the whole, and in two minutes serve the ragout in the sauce.

976. *Eggs with Cucumber.*

Peel and slice two small cucumbers, and cut them in quarters ; then put into a stewpan three ounces of butter, and, when it is dissolved, the cucumber and two or three young onions shred, two teaspoonfuls of salt, one of pepper, and a dessertspoonful of vinegar ; simmer all for ten minutes, then put in six hard-boiled eggs, sliced, and a tablespoonful of cream ; simmer two minutes, and serve the eggs upon the ragout.

977. *Eggs au Gratin.*

Butter a hot dish, then take four tablespoonfuls of fine crumbs, two ounces of butter, an eschalot, a sprig of parsley, and an anchovy, all minced small, a teaspoonful of salt, and half as much pepper, and mix all well together with the yolks of three eggs. Spread this *gratin* over the bottom of the dish, and heat and brown it lightly in a Dutch oven ; then break into cups six eggs as for poaching, slide them upon the crumbs, strew over them a little salt and pepper, and put them again down in the Dutch oven, to set the whites of the eggs, which will require about three minutes ; then serve on the dish.

978. *Eggs with Garlic.*

This mode of dressing eggs is peculiarly foreign, but is much appreciated by those who have partaken of it. Put ten cloves of garlic into cold water, and let it boil ten minutes, then change the water, and boil ten minutes longer; drain it and pound in a mortar with two anchovies; blend this with two tablespoonfuls of oil, a teaspoonful of salt, half as much pepper, the yolks of two eggs, and a tablespoonful of vinegar; heat it in a stewpan, then turn it on a dish, and put over it four hard-boiled eggs, sliced.

979. *Eggs aux Fines Herbes.*

Roll in flour two ounces of butter, and put into a stewpan a teaspoonful each of parsley and chives, finely chopped, a teaspoonful of salt, half as much pepper, and a glass of sherry, and stew all very gently for ten minutes; poach six eggs, place them on toast, and serve the sauce round.

980. *Eggs in White Sauce.*

Boil five eggs for ten minutes, put them into cold water, and when cool shell them, and divide them in two, across; take out the yolks, keeping the whites hot over steam, till you pound the yolks with an ounce of butter, two teaspoonfuls of salt, half a teaspoonful of Cayenne, and a teaspoonful each of very finely-chopped parsley and onion; mix this into a stiff paste with a tablespoonful of cream, and fill the halves of the whites with the mixture; steam all together till quite hot, then serve in rich white sauce.

981. *Eggs with Celery.*

Cut up four heads of celery into short pieces, boil it in salt and water till quite tender, then take it out, drain, and put it in a stewpan with three tablespoonfuls of cream, a teaspoonful of salt, half as much white pepper, and a dessertspoonful of vinegar; stir it round for five minutes, turn it out upon a dish, and have ready five poached eggs, neatly trimmed, to place upon it; garnish with sliced hard-boiled eggs.

982. *To grill Eggs.*

Make half a dozen small square paper cases as for *ramequins*, butter them within and without ; mix a quarter of a pint of fine crumbs with a teaspoonful each of parsley and young onions, and a clove of garlic, all very finely chopped, two teaspoonfuls of salt and one of pepper ; fill the cases nearly with the crumbs, and break an egg carefully, as for poaching, upon the crumbs into each case ; sprinkle over it a little salt, and put on a gridiron over a slow fire for a few minutes, till the eggs are set ; then serve in the cases.

983. *Scotch Eggs.*

Boil five pullets' eggs hard, shell them, and cover the outside with forcemeat (No. 198), dip them in beaten egg, and fry in butter of a deep golden colour ; then serve them with good brown gravy round them.

984. *Potted Eggs.*

Boil a dozen eggs for ten minutes to be hard, then put them into cold water ; when quite cool shell them, take out the yolks and pound them in a mortar to a paste, with two ounces of butter, two teaspoonfuls of salt, one of white pepper, and a blade of mace ; chop the whites very small, and as you fill small pots with the paste, strew in the chopped whites ; smooth the mixture and cover with clarified butter.

985. *Omelettes.*

It is very essential that a cook should be skilled in producing the *extempore* omelette, so useful to complete a dinner in haste, and always well received when carefully made, skillfully and rapidly cooked, and served hot. The composition of an omelette, varied in a hundred ways, should always be done with judgment. Salt prevents the eggs from rising ; a particle of flour, the resource of ignorant cooks, or too many herbs, will render an omelette leathery and indigestible. It is essentially a preparation of eggs, the savoury omelette being flavoured only by savoury herbs, cheese, meat, fish, or other seasonings. The eggs must be whisked light ; the butter or

oil for frying must be clear, fresh, and boiling ; the omelette-pan must be of convenient size, and in good dry condition ; the fire must be clear, the omelette must never be turned, but if necessary, browned with a salamander, removed from the pan quickly with a slice, turned over, and if served with gravy, which is not always demanded, the gravy should be ready heated to pour round the omelette the moment it is dished ; then it must be served immediately.

986. *A Plain Omelette.*

The best omelettes are those made of no more than six eggs. Break them separately, clear them, and beat them altogether in a bowl into a strong froth ; let them stand ten minutes, then lightly lift the froth to another bowl, leaving the sediment, and add no salt, half a teaspoonful of pepper, and a blade of mace pounded, and beat up again. Have your omelette-pan perfectly dry and hot ; put in two ounces of butter, let it dissolve, then put in the egg, holding the pan a little oblique a minute on each side, till the mass settles into an oval form. Let it rise and become firm, and in five or six minutes you can, if you choose, pass a heated salamander over to brown the top ; but this is needless. Slide the omelette on a hot dish, then turn half over, leaving the underside uppermost, and serve immediately, with or without brown gravy.

987. *Omelettes with Herbs.*

Break and beat up, as above, five eggs, and when frothed the last time for the pan, add with the seasoning a teaspoonful of chopped parsley, half a teaspoonful of chives, and an eschalot, all chopped ; fry as before, in butter, fold it over, and serve with or without gravy.

Asparagus tops which have been previously boiled may be substituted for the chives and eschalot, or mushrooms which have been broiled.

988. *Omelette with Sorrel.*

Take about a pint of sorrel leaves and shred very fine, put into a stewpan covered with gravy, season with a drachm of Cayenne, and let it stew for ten minutes ; then take out the sorrel, drain, and leave it to cool. Beat up six eggs, drain them

through a sieve, put in the sorrel, and whisk up till quite light. Put into the omelette-pan two ounces of butter, and when it is melted, pour in the omelette, and move the pan till it be firm and risen; put a little more butter in the pan to render it easier to remove, then slide it on a hot dish, fold, and serve it.

989. *Omelette with Asparagus.*

Beat and drain six eggs; cut the tops off twenty heads of asparagus, previously boiled, season them with one teaspoonful of pepper and a quarter as much nutmeg, and whisk up lightly with the eggs; then fry, and serve as before. This is a very delicate omelette when well cooked.

990. *Omelette with Oysters.*

Beat and drain four eggs; beard, fry, and chop twelve oysters; season with pepper and nutmeg, as above, and beat up with the eggs. Fry as usual.

991. *Omelette with Sweetbreads.*

Split and soak two sweetbreads, boil them for ten minutes, take them out to cool, then mince with one teaspoonful of pepper and half a teaspoonful of mace. Beat and drain six eggs, leaving out two whites. Mix the sweetbreads and eggs well. Fry as usual, and serve with good gravy.

992. *Omelette with Onion.*

This omelette is not always approved. The onions should be boiled first in milk, till quite tender, then chopped very fine, and introduced into the omelette as before. This may be served with good white sauce.

993. *Omelette with Ham or Kidneys.*

Make the omelette as before directed; cut up into small dice dressed ham or kidneys, and throw into the egg just before you turn it into the frying-pan. Be careful not to introduce too much meat, or the omelette will be flat. Fold, and serve with gravy.

994. *Omelette with Lobster, Shrimp, or Crawfish.*

Make the omelette ready for the pan ; then take the red and white meat mixed, of the lobster, not more than a good tablespoonful, or as much of shrimps, or crawfish ; pound in a mortar with half an ounce of butter, and a small blade of mace ; then beat up well with the eggs, and fry as before. This makes a pretty and useful omelette for *maigre* days.

995. *Omelette with Cheese.*

Grate a tablespoonful of Parmesan cheese, and beat it with the eggs till perfectly incorporated. Fry, and sprinkle the upper part with grated Parmesan, and brown it with the salamander before you take it from the pan ; then serve it hot, without gravy. It should rise like a *soufflee*.

996. *Omelette with Bread.*

Put into a stewpan two tablespoonfuls of bread-crumbs, three tablespoonfuls of cream, a teaspoonful of salt, half as much pepper, and a drachm of grated nutmeg. Let it stew till the crumbs have imbibed all the cream ; take it out, and when cool, beat up with six eggs very well ; then fry, and serve as an omelette.

997. *Macaroni.*

Macaroni, the celebrated paste, the luxury of the Neapolitan, and in high repute in all the nations of Europe, though simply prepared with the flour of wheat, is never so delicate as when of genuine Italian manufacture ; not only because the Italians are so skilful in preparing it, but because the Italian wheat is so peculiarly adapted for the purpose. Even dressed in the simplest form, macaroni is a light and delicate food, and it must be entirely the fault of the cook if it be unwholesome or indigestible. This, with some other Italian pastes, is exceedingly useful in English cookery, and with meat, may appear both in first and second course.

998. *To boil Macaroni.*

Put half a pound of macaroni into boiling water, with a teaspoonful of salt and half an ounce of butter, and let it boil

till it is swollen to double the size, but not broken to whiten the water ; then take it out and drain on a colander, and if to accompany any meat simply boiled, it is merely mixed with a tablespoonful of clarified butter, and served.

999. *Macaroni with Cheese, a plain Receipt.*

Boil as in the first receipt, and when drained, put into a saucepan with three tablespoonfuls of grated cheese and an ounce of butter, for five minutes till well mixed ; then turn it out into a dish, frost it over with grated cheese, and slightly brown the cheese in a Dutch oven, without browning the macaroni, or it would be tough, or oiling the cheese.

1000. *Macaroni à l'Italienne.*

Boil the macaroni as in the first receipt, and serve it plainly in an *entrée* dish, accompanied with good melted butter, a dish of fresh-grated cheese, and Italian sauce, so that each guest may dress it to taste.

1001. *Macaroni au Gratin.*

Boil the macaroni in veal broth seasoned with a teaspoonful of salt, half a teaspoonful of white pepper, and a blade of mace. In twenty or twenty-five minutes, when swollen and tender, but unbroken, take it out of the broth and arrange it on a dish, covering it with grated cheese ; over this strew fine bread-crumbs, and pour over them two tablespoonfuls of clarified butter ; then put the dish into a Dutch oven before a clear fire for five or six minutes, to dissolve the cheese, and brown the crumbs slightly ; then serve hot.

1002. *Macaroni, our own Receipt.*

Boil and drain the macaroni as in the first receipt. In the mean time put into a stewpan half a pint of good cream, a teaspoonful of salt, as much unmade mustard, a quarter of a teaspoonful each of powdered mace and Cayenne pepper ; let it simmer a little, then stir in two ounces of butter rolled in a tablespoonful of flour, and two tablespoonfuls of grated cheese. Then put in the macaroni, shake the pan gently round for ten minutes, taking care not to break the macaroni ; turn it out in

the sauce on the dish, cover it with good grated cheese, and brown it for a few minutes with a salamander or in a Dutch oven. This mode of preparing macaroni has been highly approved.

1003. *Macaroni with Chestnuts.*

Boil and drain half a pound of macaroni, as in the first receipt, then put it into a stewpan with two ounces of butter, an onion whole, a tablespoonful of cream, and a dozen chestnuts roasted and pounded ; season with a teaspoonful of salt, and simmer for ten minutes, shaking round the pan ; then take out the onion, turn out the macaroni in the sauce, cover it thickly with equal parts of grated Parmesan and fine bread-crumbs, pour over two tablespoonfuls of clarified butter, and brown lightly in a Dutch oven.

1004. *Macaroni aux Tomates.*

Boil and drain the macaroni as usual. Lightly fry four kidneys, mince and stew ten minutes in brown gravy, highly seasoned ; put in half the macaroni, and when hot, turn it out ; cover with the rest of the macaroni, and pour over it hot tomato sauce.

1005. *Macaroni en Timbale.*

Boil and drain the macaroni ; put it again into a stewpan, with a fricasseed chicken or some minced veal, a tablespoonful of grated cheese, and a teaspoonful of white pepper, for two minutes. Then line a small buttered melon-mould with pudding-paste, put in the macaroni and chicken, cover with paste, and steam for half an hour ; then turn out on a dish, and serve with white sauce.

1006. *Preparations of Cheese.*

The cheeses most commonly sent to table after dinner are cream, Stilton, Parmesan, Gruyere, and Schabziger. The cheeses of Yorkshire, Wensleydale, and Cotherstone, are good for dressing. Parmesan is essential for some dishes ; Cheshire and Gloucester cheeses are coarser, and better suited for the food of the working people. The Italian fashion of sending round a plate of grated cheese with soup is followed in some

families ; but usually in England all preparations of cheese are extras, served after the dinner is withdrawn.

1007. *Roast Cheese.*

Grate three ounces of any rich English cheese ; beat it up with four ounces of fine bread-crumbs, three ounces of butter, a teaspoonful of white pepper, a dessertspoonful of mustard, and two yolks of eggs. When quite smooth, cover the dish with toast, a quarter of an inch thick ; lay the cheese-paste over it, and heat and brown lightly in a Dutch oven. Serve quite hot.

1008. *A Welch Rabbit, or Rare-bit, Dr. Kitchiner's Receipt.*

This preparation is not reckoned among the refinements of the table, but is still held in great repute by gentlemen of the old school, who desire a stimulant after dinner.

Cut a slice of bread, about half an inch thick ; pare off the crust, and toast it very lightly on both sides ; do not harden or scorch it. Cut a slice of rich cheese a quarter of an inch thick, less than the bread by half an inch all round ;—it must be perfectly sound, and the rind be cut off. Lay it on the bread, and put into a cheese-toaster ; carefully watch it that it does not burn, and stir the cheese gently with a spoon to prevent a skin forming on the surface. As soon as it is thoroughly melted and hot, serve with mustard and pepper.

1009. *Cheese on Toast.*

Pound in a mortar half a pound of rich cheese, two ounces of butter, the yolk of a hard-boiled egg, and a teaspoonful of mustard. Cut a slice of bread, half an inch thick, toast and butter it, removing the crust. Fit the toast on a dish and spread over it the cheese-paste ; then brown lightly in a Dutch oven, or with a salamander, and serve very hot.

1010. *To stew Cheese.*

Put into a stewpan an ounce of butter and three ounces of good cheese sliced, stirring it round till dissolved ; then add by degrees three tablespoonfuls of cream ; beat up with an egg, shake the pan round till all be well mixed ; then serve it on

toast. When served in a silver dish it is kept hot, which is desirable.

Another mode of stewing, but less delicate, is to use ale instead of cream, in which case a dessertspoonful of mustard should be added.

1011. *To pot Cheese.*

Scrape down three pounds of fine cheese and half a pound of fresh butter ; add a glass of Madeira or sherry, and pound in a mortar, with a quarter of an ounce of powdered and sifted mace. When reduced to a paste, press it into a deep jar, and cover with clarified butter. A thick slice may be served on a napkin like cream cheese, and is convenient for lunch, supper, or pic-nic.

1012. *A plain Cheese Pudding.*

Grate one pound of good cheese ; dissolve an ounce of butter, and beat up well four eggs ; mix these materials well and gradually together ; then stir in two ounces of fine bread-crumbs and half a pint of new milk or cream. Bake a quarter of an hour, and serve immediately, quite hot.

1013. *A rich Cheese Pudding or Fondue.*

Beat the yolks of ten and the whites of two eggs separately, till quite light ; mix with the yolks a pound of grated cheese, a quarter of a pound of butter beaten to a cream, and half a pint of cream ; then stir in the whites. Bake in a buttered dish, or a dish lined with puff-paste, for half an hour. Before serving, grate Parmesan cheese over the top.

1014. *Fondue.*

Take two ounces of arrowroot, and mix smoothly with a quarter of a pint of new milk ; then add three quarters of a pint of boiling milk and an ounce of butter ; when melted and cooled, add the yolks of four eggs well beaten, half a tea-spoonful of salt, a drachm of Cayenne, and four ounces of Parmesan, or any rich cheese ; when all are well mixed, beat the whites of the eggs into a light froth, and pour in. Put the *fondue* immediately into a baking-dish lined with buttered paper

raised three inches above the edge, and bake it for twenty minutes without opening the door of the oven. The *fondue* will rise greatly, and must be sent to table the moment it is taken from the oven, and is usually immediately handed round after the second course.

1015. *Small Fondues.*

To a pint of cream put half a pound of grated cheese and the beaten yolks of four eggs ; beat them all together. Then whisk the whites of the eggs into a froth, and add. Half fill small buttered-paper trays immediately with the mixture ; bake for a quarter of an hour ; and when risen and quite hot, serve round in a silver dish.

1016. *Fondue à la Savarin.*

Beat up separately the yolks and whites of eight eggs. Stir into the yolks four ounces of grated Parmesan and two ounces of beaten butter, with half a teaspoonful of white pepper. Put over the fire a few minutes in a saucepan, shaking it round ; then add the whites of eggs, frothed ; pour into paper cases ; brown five minutes in a Dutch oven till they rise ; then serve immediately.

1017. *Cheese Patties.*

Pound in a mortar half a pound of good cheese, with a teaspoonful of white pepper and three ounces of butter. Beat up well the yolks of five eggs ; then add by degrees the cheese and butter, still beating up the mixture. When quite smooth and thick, add the frothed white of an egg, line tartlet-pans with puff paste, half fill them with the mixture, and bake for a quarter of an hour. Serve immediately.

1018. *Cheese Fritters.*

Pound in a mortar six ounces of good cheese, one ounce of butter, a tablespoonful of grated ham, three tablespoonfuls of fine bread-crumbs, a dessertspoonful of mustard, and the well-beaten yolks of two eggs. When perfectly smooth, mould the paste into oval balls ; then flatten into cakes half an inch thick ; dip in French batter, and fry them a light brown. Serve quite hot on a napkin.

1019. *Fried Ramequins.*

Less troublesome than *fondues*, there is no mode in which cheese is presented at table so common as in ramequins, which may be varied according to taste. When fried, they are generally prepared by putting into a stewpan a quarter of a pound of rich cheese sliced thin, and two ounces of butter. Shake the pan round till they are melted and mixed ; then add the frothed whites of three eggs, beat all together ; put into the frying-pan small squares of bread on buttered paper ; pour the mixture upon the pieces of bread, fry them in butter for five minutes, drain them on a napkin, brown lightly with a salamander, and serve hot.

1020. *Ramequins in Cases.*

Scrape a quarter of a pound each of Parmesan and Gruyere, Cheshire and Gloucester, or any two kinds of cheese of different flavour, and pound in a mortar with a quarter of a pound of fresh butter, the crumbs of a French roll soaked ten minutes in boiling cream, and the yolks of four eggs ; add by degrees a glass of sherry or Madeira, and when smooth, beat up well with the frothed whites of the eggs ; then half fill the small paper pans, and bake in a Dutch oven for a quarter of an hour. Serve immediately quite hot.

1021. *Ramequins of Pastry.*

Make a light puff paste with cream and butter. Roll it out quite thin, and spread over it half the weight of the paste in grated Parmesan or any fine cheese. Fold and roll the paste twice, that the cheese may be thoroughly incorporated with it ; then roll out half an inch thick, cut in rounds with a paste-cutter, brush them over with beaten egg, and bake for a quarter of an hour. Serve hot.

1022. *Ramequins with Anchovy.*

Put into a stewpan a quarter of a pound of grated mild rich cheese, a quarter of a pound of butter, an anchovy cut very small, and a glass of white wine ; stir in, as it simmers, two tablespoonfuls of flour, or as much as will form a paste ; then

transfer the paste to another stewpan, and beat up with it as many beaten eggs as the paste will imbibe, without becoming too thin ; then mould the paste into the form of small eggs, brush over with egg, and bake a quarter of an hour, to be a golden brown. These ought to be light and agreeable ramequins.

1023. *Parmesan Cheese Straws.*

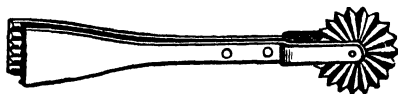
Make a rich puff paste of four ounces of butter, four ounces of Parmesan cheese, grated with half a teaspoonful of Cayenne, and four ounces of flour. Roll it out thin, and cut in strips of four inches in length and a quarter of an inch in breadth ; bake lightly, and serve piled high in alternate rows on a dish.

CHAPTER XVIII.

PASTRY, SAVOURY PIES, AND PUDDINGS.

NOTWITHSTANDING the general opinion that pastry is unwholesome, indigestible, and a useless extravagance, the world remains obstinate in its love of pastry; and one of the earliest modes of refined cooking is likely to remain to the last. Nevertheless, pastry may be so skilfully made that the light and delicate product of the accomplished cook cannot injure the most dyspeptic stomach. The best pastry is always the most digestible.

The utensils necessary for making paste are a board or marble slab, paste-rollers, baking tins and dishes, and various ornamental moulds and cutters. These must be kept scrupulously clean; a particle of dust or grease on any of them would



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ruin the best-made paste. We need hardly add that the cook must be personally clean. The principal requisites for this, as well as every operation of cookery, are cleanliness, nicety, attention, and a properly-heated oven. A cool hand, and a cool pastry or working-room are indispensable; a light and quick touch, with careful measuring or weighing of materials, and these of the best quality, will seldom fail to produce good paste.

The temperature of the oven is an important point; this should in most cases be moderate, but equal during the process

of baking ; and the door should never be opened from the time the paste is put in till it is drawn out.

In all cases butter makes the best and most wholesome paste ; but, from motives of economy, lard, either mixed with butter or alone, is used in many families ; even clarified dripping may be used for common meat-pies, and suet for boiled paste. Good salt butter, when well washed, and the butter-milk pressed from it, will make good puff paste. Lard should be exceedingly fresh and pure, and suet fresh, freed from all skin ; and if for baked paste, first chopped, and then pounded in a mortar to the consistence of butter. Any kneading for paste should be tasteless.

Wet the flour in making the paste as little as possible, and use the fingers lightly in kneading it perfectly smooth ; as if any of the paste be left adhering to the slab or dish, it will certainly turn out a failure ; and finish the paste as quickly as possible.

The principal kinds of paste are puff paste, certainly the most elegant and wholesome ; short paste, used for family cookery ; and yeasted or *Brioche* paste, a sort of dough, which is cheap, easily made, and considered to be easy of digestion.

1024. *Puff Paste.*

Have your flour of the best quality, finely sifted, and perfectly dry, your butter free from salt and butter-milk, and cool and firm. If the weather be hot, and you cannot readily obtain ice to keep the butter upon, it is advisable to have it in a deep dish, placed in a still deeper pan of cold water. Weigh and take equal parts of flour and butter, and to each pound add a teaspoonful of salt, break a small portion of the butter into small bits and spread over the flour, then by degrees add as much water as will completely moisten the flour and enable you to draw it together in a stiff, smooth paste, every particle of the flour being properly moistened and kept apart by the butter, so that no dry lumps occur ; then roll it out rather square, and with a knife spread equally over it the remainder of the butter, dredging over it a little flour ; fold the paste over it, and roll it out again the same way ; fold it again and roll, and then a third time, taking care to roll it the same way, and not to allow the butter to come through the paste. Above all,

handle the paste as little as possible, and keep it cool. A fourth turn may be rolled in cool weather, as the frequent rolling out produces the flakes or laminæ in the pastry which cause it to be so light and agreeable to the eye. Lay it aside for ten minutes, or longer if the weather be warm, to become cool and stiff; then roll and fold it over once or twice more, and as soon as your pastry is ready, consign it to the oven without delay.

In French pastry the yolks of two eggs are put in to every pound of flour when first mixed.

1025. *A less rich Puff Paste.*

A less rich paste may be made by washing in cold water, and mixing together six ounces each of butter and lard, and proceeding in the same way as in the former paste. It may even be made, for those with whom it agrees, entirely of lard. This paste should be speedily made, and not suffered to lie, or it will be tough or hard.

1026. *Short Crust, or Pâte Brisée.*

The short, crisp paste which many like for savoury pies, and which the French, with a mixture of sugar, use for tarts, is made by mixing all the butter in at first before the flour is moistened.

Take half a pound of fresh unsalted butter, and crumb lightly with the fingers into a pound of flour, till the whole mass looks like coarse meal; sprinkle over it a teaspoonful of salt, and wet it with water or milk, stirred in with a spoon or fork till it becomes a smooth stiff paste. Roll it out, and fold it three times; and do not let it lie, but send it to the oven as soon as prepared. If you choose, you can use lard, suet, or clarified butter.

1027. *Superior short Paste for Tarts.*

To one pound of fine dry flour, add two ounces of finely powdered and sifted sugar; then rub into it four ounces of butter, and moisten it with cream in which the yolks of two eggs have been beaten. Roll it out two or three times, then use it immediately.

1028. *A quickly-made Paste.*

Wash quite free from salt, butter of equal weight to your flour, or if you wish to be more economical, take only three quarters of a pound of butter to a pound of flour. Mix the flour with cold water to the proper consistence ; beat it with the paste-roller ; then roll it out ; press the water from the butter, form it into a ball, and place it on the middle of the rolled paste, folding over it the sides and ends, as for a paste pudding ; roll it out, fold, and roll again six times, bringing it finally to the proper thickness for use, and being very careful that the butter never appears through the paste. If from awkwardness this should occur, put the dough into a basin, and place this in a larger vessel of cold water. Let it stand for an hour till the butter becomes cool and stiff ; then roll it out again.

1029. *Brioche Paste.*

To one pound of flour put a tablespoonful of brewer's yeast, or half a teaspoonful of German, a teaspoonful of salt, four ounces of clarified butter, the yolks and whites of three eggs beat separately, and as much cream or good milk as will form the whole into a very stiff batter ; throw a cloth over the dough, and place it for half an hour before the fire to rise ; when well risen, take the paste out upon your board, and have ready half a pound more flour, into which half a pound of butter has been rubbed, and if for sweet pastry, two ounces of finely-sifted sugar may be mixed with it. Knead this flour into the dough well till it be firm and dry ; then let it lie an hour or two in a cool place before it is used.

1030. *A plain Brioche or Yeast Paste.*

Dry a pound of fine flour ; make a well in the midst of it, and put in a tablespoonful of yeast ; beat into it as much warm milk as will moisten the whole of the flour ; beat it into thick batter ; break into pieces, and stick over the dough a quarter of a pound of butter or lard. Let it stand covered with a cloth, to rise, half an hour ; then knead in as much flour as will make a firm light paste, that will come perfectly clean from the board or slab. Then use it, and bake in a brisk oven. This is a simple and cheap paste ; but as the use of German yeast

has almost superseded the old plan of brewers' yeast, half an ounce of it may be substituted here.

1031. *Raised Crust for Savoury Pies.*

It requires experience to raise the walls of a large pie skillfully. To make the paste for it is not difficult. When the side crust is not intended to be eaten, boil a small quantity of fine lard or dripping, or even fresh beef-suet in as much water as will dissolve it, and when quite hot mix it with the quantity of flour necessary for the pie. If to be eaten, which it is usually, in a small pie, the short crust (No. 1026) must be made very stiff and used for the purpose, as well as for the upper crust or cover of a large pie. To render the paste perfectly firm, it should be much kneaded and beaten with the paste-pin, then covered and put in a cool place till nearly cold.

To mould the pie, the paste must be formed into a large cone; then press the knuckles of the left hand into the midst of the top and work it hollow, pressing the right hand outside to form the shape of the pie, continuing to knead the inside till you have hollowed, and reduced the walls round to an equal and proper thickness. This is the only difficulty; after it is overcome, the pie is filled, covered, and ornamented variously.

A substitute for a genuine raised pie may be made by preparing the paste as before, rolling it to the proper thickness, cutting the top and bottom of the pie, and a long piece for the sides, which must be neatly cemented to the bottom with white of egg, and the lower paste turned over and pinched to unite with the sides. It can then be covered. A flexible tin mould which will open at the side, is a safer mode of making the pie. This is to be buttered and lined with paste, and carefully removed after baking; the pie being afterwards returned for a quarter of an hour to the oven to be nicely browned.

1032. *Raised Paste for Pork or Mutton Pies.*

The crust of small pork or mutton pies is prepared to be eaten, and should therefore be made with nicety. Rub into two pounds of flour half a pound of butter; put another half-pound of butter into half a pint of milk, and let it dissolve on the fire; when dissolved, but not boiling, mix it with the flour

gradually till you have formed a stiff smooth paste ; knead and roll it two or three times. Then, while still warm, mould into pies.

Pastry for sweet dishes we shall allude to hereafter.

1033. *Casserole of Rice.*

Wash very well a pound of fine Carolina rice ; put it into a stewpan, covered with water ; add a teaspoonful of salt, a whole onion, and two ounces of butter, and simmer it very slowly for three quarters of an hour till perfectly soft, but not burst ; then take out the onion ; drain the rice, and line your dish or casserole mould ; smooth the inner surface with a spoon and wash it over with yolk of egg. Put it into a hot oven for ten minutes, to obtain the golden colour required ; then turn it out of the form, and fill with stewed giblets, lambs' tails, or any mince, fricassee, or *entrée* meat.

1034. *Venison Pasty.*

The venison pasty stands aloof from all other game pies, inasmuch as it should contain venison only. The mixture of other game, of forcemeat, of eggs, degrades the pasty from its high, ancient dignity. It is no longer the venison pasty dear to the knights of the age of chivalry, and to Robin Hood, in the forest of Sherwood ; but a modern game pie. The neck and breast of venison are the best parts for the pasty ; these should be washed in vinegar, sprinkled with sugar, and hung in a cool dry place for a fortnight, being often taken down and wiped with a clean dry cloth. Before using the venison, dip it into warm water, and dry it ; bone it, and then cut it up for the pie. Make a stiff short paste, very good ; line the baking-dish entirely ; then lay in the breast at the bottom, cut into two pieces, with some thin slices of fat over it ; season with pepper and salt only ; then lay in small steaks from the neck, always laying the fat in thin slices over, that in cutting the pieces may be sliced through to the bottom of the pasty, each slice having the due proportion of fat and lean. When the dish is filled, put in from half to a whole pound of butter, as may be needed, and a quarter of a pint of water ; cover with the paste, and make an opening and a small chimney of paste in the middle ; put a rolled card in it to keep it open ; brush

the pie over with egg and ornament it. Then bake it in a well-heated oven from three to four hours, according to size. In the mean time put the bones into a stewpan, with a dozen peppercorns, two teaspoonfuls of salt, a quarter of an ounce of mace, and three pints of cold water, and let them stew gently till half reduced; then strain the liquor, leave it to cool, that the fat may be removed, and when the pie is baked, heat this gravy in a stewpan with a glass of port wine and a teaspoonful of lemon-juice; take the card from the chimney of the pasty, and through a funnel pour it in, shaking the dish round that it may penetrate to all parts. This pie will keep well, and be as good, if properly carved, cold as hot.

1035. *A Yorkshire Goose Pie.*

A Yorkshire goose pie is an elaborate labour of cookery, and requires skill, time, and patience. It is a large raised pie, tastefully ornamented, the standing Christmas dish always seen on the side-table at luncheon or dinner in the Christmas season in the north of England. The walls and bottom of the pie are made very thick, the paste not being eaten, but preserving the meat rich and juicy for a long time. It may be made very large, but we give the receipt for a moderately-sized pie. Make a raised crust as directed (No. 1031) and form the pie the size you wish of an oval shape. Have ready a goose, a turkey, a fowl, and a boiled tongue skinned and trimmed; also two or three pigeons. Open the birds up the back, and bone them entirely; mix a seasoning of salt, pepper, and mace, to be used as you proceed. Season all the birds well within and without, then place the tongue within the fowl; over this fold the goose, then the turkey; place the whole in the midst of the raised crust and fill it up round with pigeons, boned hare, and other game, all well seasoned; finally, close the interstices with sausage-meat. Some cooks use hard-boiled eggs, but they are apt to taint before the rest of the meat. In a very large pie the hare is better omitted for the same cause. When all the meat is tightly fitted into the crust, put over it three pounds of butter; cover, brush it over with egg, and ornament it to your taste. Bind folds of buttered writing-paper round the pie, send it to a brisk oven, and bake for six hours. When cut, the cover is usually removed entire, so that

it can be replaced to preserve the meat. Savoury jelly may be poured over the meat after it is baked. This pie is carved by cutting thin slices down.

1036. *A smaller Christmas Pie.*

Make the raised crust as before, and form the pie oval shape, taking care that the sides are stiff and firm. Bone a large fowl and a goose, and skin a tongue, cutting away the roots. Lay the goose at the bottom of the pie well seasoned with pepper, salt, nutmeg, and mace; over this put the tongue, repeating the seasoning; then the fowl at the top, and the sides filled up with boned pigeons, all well seasoned; add some forcemeat balls made without suet, and over all half a pound of butter. Cover with paste, brush over with egg, crimp and ornament the top and sides to taste; bind buttered writing-paper round the pie, and bake it for four hours in a brisk oven.

1037. *A Beef or Mutton Pasty to imitate Venison.*

Take ten pounds of rump of beef, sirloin, or loin of mutton, without bone, and that has hung some days. Rub over the meat four ounces of sugar, and pour over it a glass of vinegar and a glass of port wine mixed; let it remain in a cool dry place five days, turning it often; then wipe the meat quite dry. Make a raised crust to contain the meat, then press it well in, after seasoning it with two teaspoonfuls of salt, half a teaspoonful of Cayenne, and as much mace. Put over it a pound of butter, cover and egg the pasty, ornament as you choose, and bake it four hours in a slow oven.

Put the bones into a stewpan seasoned with half a teaspoonful of salt and a quarter of a teaspoonful of pepper; just cover them with water, and stew for half an hour; then add a glass of port wine, and stew another half-hour; strain the gravy, and keep it hot to pour into the pie through an opening at the top.

1038. *Beef-steak Pie.*

A good beef-steak pie should be made of two pounds of fresh rump-steak cut thin and without fat, unless it be particularly desired; the steaks must be cut into long

strips, and after seasoning a small piece of fat be rolled up in each and the rolls placed neatly in the pie-dish. Two teaspoonfuls of salt and one of pepper will suffice for the seasoning. In some families a little minced eschalot or onion is sprinkled over the steak, and a score of bearded oysters is a great improvement. When the steaks are arranged, pour in as much water as will cover them; make a layer of good short paste round the rim of the dish, egg this paste, then put on the cover of paste half an inch thick, and crimp and ornament it to taste. Bake for an hour and a half in a slow oven.

1039. *Mutton Pic.*

Take two pounds of the loin of mutton with as little fat as possible, season in the same proportion as beef-steak pie, and cover with water and a teaspoonful of currant jelly. Make the crust as for a beef-steak pie. It is much improved by adding two mutton kidneys.

1040. *Small raised Mutton Pies.*

Cut up a loin of mutton into small pieces about an inch square, the lean and fat separate; put all together into a stewpan with two teaspoonfuls of salt and one of pepper, and stew without water for a quarter of an hour: the lean will thus absorb some of the fat; leave the whole to cool, and raise the forms of the small pies any size you like of good short paste. When the mutton is cool, remove all the fat and fill the paste with mutton and a little good gravy, into which you can, if you choose, mix a glass of port wine; a little more salt and pepper may be added; then cover the pies and bake in a slow oven for twenty minutes. Serve them on a napkin hot or cold.

1041. *Lamb Pic.*

A lamb pie is much more delicate, and more frequently sent to table than a mutton pie. It may be made of the loin, neck, or breast; but the breast, especially of house-lamb, makes the most delicious pie. Cut up the meat, leaving out most of the bones to make gravy; season with salt and pepper, and a little chopped parsley; put a very little water into the pie before baking; cover with rich paste, and

after baking, pour in through a funnel good gravy or melted savoury jelly. This pie is usually eaten cold, but as a side dish is sometimes served hot.

1041*. *A raised Pork Pie.*

Raise the crust in a round or oval shape; procure the cuttings of pork, or trimmings left in cutting up the porker, and cut these into small pieces not more than an inch square and half an inch thick; make a seasoning of salt, pepper, a very little mace, and about a teaspoonful, for a good-sized pie, of finely-shred green sage or crumbled dry sage; line the bottom of the pie with pieces of lean very closely packed, strew the seasoning over, then a very thin layer of fat, also seasoned, and continue till the pie is closely filled; add no water, but cover and bake in a slow oven two hours, or rather less if the pie be small; but the meat must be thoroughly baked, or the pie is uneatable. Gravy may be drawn from the bones and trimmings, and when the pie is baked, a little may be poured in through an opening in the middle.

Small pork pies are made like the small mutton pies (No. 1040).

1042. *A Family Veal Pie.*

The knuckle of the leg or shoulder may be usefully prepared in a pie. Cut off neatly in small slices all the meat, and stew the bones and skin for an hour, with a teaspoonful of salt in the water. Let the liquor stand to cool, and remove the fat; arrange the veal in your dish with a good seasoning between every layer, of pepper, salt, and mace. Put a quarter of a pint of cold water into the dish, and cover with good pie-paste. Make an opening in the middle of the cover, and when the pie is baked, which it will be in an hour, heat the gravy and pour it in through a funnel.

1043. *A good Veal Pie.*

Cut into chops a neck or breast of veal. Season every chop with a mixture of salt, pepper, and mace. Slice two sweetbreads, and season them in the same way. Then fill up the dish with the veal, the sweetbreads, the yolks of four or five hard-boiled eggs, and a few mushrooms or truffles; put a

very little water in while baking ; but have some very good seasoned veal gravy to pour in after it is baked. For a good pie like this, puff-paste should be used.

1044. *A Veal and Pork Pie.*

Cut slices from a fillet of veal, and season well with salt, pepper, and nutmeg, and have two boiled onions shred, and mixed with an equal quantity of sage and parsley shred ; strew a little of these over the veal, then place a layer of lean pork, seasoned in the same way, and a second layer of veal also seasoned. The slices should be half an inch thick. Put in two table-spoonfuls only of veal stock, cover with crust, and bake an hour and a half. There will be sufficient gravy drawn from the meat.

1045. *Veal and Sausage Pie.*

Cut slices half an inch in thickness from a fillet of veal ; spread one slice at the bottom of a dish ; season with pepper, salt, and mace ; spread over it a thin covering of Bologna sausage-meat (No. 955), then another layer of veal seasoned, and repeat till the dish is filled. Put no water in the pie, but cover with good puff-paste, and bake an hour and a half : it is excellent to eat cold.

1046. *A Windsor Pie.*

Cut slices from a fillet of veal half an inch thick, and very thin slices of lean ham. Season each slice well with white pepper and mace, and place in alternate close layers till the dish is filled ; put a flat dish, and a weight over the meat to press it for half an hour ; then add two ounces of butter, and as much stiff veal stock as will cover the meat. The crust must be of good puff-paste. It will require fully an hour and a half to bake, or if a large pie, longer. This pie is served cold, and carved in slices through to the bottom like a raised pie.

1047. *Raised Veal Pâtés.*

Cut up a neck of veal into chops ; then cut out the bones, and stew them down into a strong stock, and strain it. Cut up the veal into pieces an inch square ; add half the weight

in ham, cut thin, and not in larger pieces than the veal. Put the veal and ham into a stewpan, seasoned with white pepper and mace, and, if you have them, a few mushrooms. Cover with the stock and two tablespoonfuls of good cream, and stew a quarter of an hour. In the mean time make the raised paste (No. 1032), mould the pies, fill them with the meat, cover, and bake for twenty minutes. These pies are usually served cold at luncheon or dinner.

1048. *Calf's Head Pie.*

Clean and split a calf's head, leaving the skin on it (half of the head is sufficient for a pie); after taking out the brains, which must be bleached in salt and water, boil the half-head for an hour only; take it up and cut up the meat into thin slices; parboil and skin the tongue, and cut up into slices, and skin the brains. Place at the bottom of a pie-dish a layer of ham cut thin; then the slices of the head mixed, fat and lean, seasoning as you proceed with salt, Cayenne, and mace, and a sprinkling of finely-chopped parsley, and mushrooms; over the head lay slices of tongue, filling up with forcemeat balls, brain balls, and hard-boiled eggs. Repeat the layers till the dish is nearly filled; then fill up with strong veal stock and two glasses of white wine. Cover with a thick good crust, and bake it for an hour and a half. If to be served hot, pour in rich gravy, thickened with cream and oysters. If for cold, raise the crust, and cover with savoury jelly; then replace the crust, and when carved cut it down in thin slices to the bottom of the dish. This is a very delicate breakfast pie.

1049. *Veal Pie à la Périgord.*

Cut up the brisket of a breast of veal into chops, and the sweetbread into slices. Put at the bottom of the dish a layer of veal, well seasoned with pepper, salt, and mace; then an ounce of butter, broken into small pieces. Over this put a layer of ham, cut thin and seasoned also. Fill up with truffles; over the ham place the sweetbread, with more seasoning and butter. Cover the pie with rich puff-paste, and bake it for two hours; then fill up through a funnel with gravy made of one glass of good veal stock and one glass of champagne.

1050. *Chicken Pie.*

Cut up into joints two young fowls ; make a seasoning of salt, white pepper, mace, and nutmeg, and add the seasoning as you put in the meat. At the bottom of the dish arrange a layer of chicken, then thin slices of ham or bacon, and repeat the layers till you fill the dish ; putting forcemeat balls (No. 209) and the yolks of hard-boiled eggs to fill up in each layer. Pour a little veal gravy or water over ; cover with the sort of paste you choose, and bake for an hour and a half.

1051. *A good Chicken Pie for cold.*

Cut up as before two young chickens ; put the trimmings, bones, and giblets into a stewpan, with a teaspoonful of salt, half as much pepper, a blade of mace, and a bunch of sweet herbs ; cover with water, and stew half an hour ; then strain the gravy, and put the livers into a mortar, with a quarter of a pound of ham, a quarter of a pound of tongue, the yolks of four hard-boiled eggs, and two ounces of butter ; pound all quite smooth, and make into balls. Then lay the chickens in the dish, and place the forcemeat balls among the meat ; season with a little more salt and pepper ; strew over the meat a few chopped mushrooms or truffles, and pour in the gravy. Cover the pie with puff-paste, and bake an hour and a half. This is a delicate breakfast pie.

1052. *Duck Pie.*

Prepare a duck as for roasting ; cut off the neck and wings, and lay them aside ; boil the duck for a quarter of an hour, and then cut it up neatly for the pie, saving the gravy. Put into a stewpan the giblets, neck, wings, an anchovy, an onion, a slice of toasted bread, a blade of mace, a bunch of herbs, a teaspoonful of salt, and a drachm of Cayenne pepper. Add two ounces of butter, and stew gently till the butter is dissolved ; then pour in half a pint of boiling water, and stew the whole for an hour ; take out the giblets and strain the rest, leaving this gravy to cool, and adding to it the gravy from the duck. Then arrange the duck and the giblets in your dish ; season with a teaspoonful of salt and half as much pepper. Skim the gravy and

pour over it, and cover with a good crust. An hour will bake the pie. A green goose prepared in the same way makes an excellent pie.

1053. *Giblet Pie.*

Clean very nicely the giblets of goose or duck ; put them into a stewpan with an onion, half a dozen peppercorns, a teaspoonful of salt, a bunch of herbs, and as much water as will cover them, and stew for half an hour ; then take them out of the liquor, strain it, and leave it to cool. Lay at the bottom of the pie-dish a beef-steak ; cut the neck into three pieces, the wings into two, cut off the toes and skin and break the joints of the legs, split the head and lay it in the dish in two pieces, the gizzard, liver, and heart, cut also into pieces ; season well with salt and pepper, and when the giblets and the gravy are both quite cool, pour in the gravy and cover the pie with a good crust ; bake for an hour, and serve it hot. A giblet pie is never eaten cold.

1054. *Rabbit Pie.*

Skin, bone, and cut up a couple of young rabbits ; stew down the bones with the livers pounded, and a good proportion of seasoning for gravy. Arrange the joints of rabbit in the pie with thin slices of ham or bacon, and some yolks of hard-boiled eggs, and pour over, when quite cold, the gravy from the bones ; season the pie with salt, pepper, and nutmeg, and cover with puff-paste ; bake an hour and a half. A rabbit pie is usually eaten cold.

1055. *Hare Pie.*

Skin, wash, and cut up a hare ; put the legs, shoulders, and fillets from the back aside for the pie, and stew the rest with all the bones and proper seasoning for gravy. Before putting it in the pie, fry the hare for a quarter of an hour in four ounces of butter, and let it cool. Make a forcemeat of the liver, a quarter of a pound of bacon, an eschalot, a clove of garlic, a teaspoonful of chopped parsley, as much of mixed herbs, a teaspoonful of salt, and half as much pepper ; pound the whole well with a glass of port wine ; then place the hare

in the dish well seasoned, thin slices of bacon, and a layer of the forcemeat alternately. Skim the gravy and add to it a glass of port wine and a teaspoonful of currant jelly, and pour it into the pie ; cover with good crust, bake an hour and a half, and serve hot.

1056. *Pigeon Pie.*

No pie is more popular and universally liked than a pigeon pie, which is always in season, and always an acceptable addition to the table at breakfast, luncheon, or dinner, hot or cold. About half a dozen pigeons will make a good-sized pie ; they must be young and fresh-killed, nicely cleaned, the feet cut off at the joint, and the legs turned in and stuck in the sides close to the pinions. Cut each pigeon in two, lengthwise ; chop the livers with a sprig of parsley and a seasoning of salt and pepper, and put, with a piece of butter about an inch square, inside of each pigeon ; then lay at the bottom of the dish, which must be shallow, tender lean rump-steak, seasoned with pepper, salt, and nutmeg. Rub the pigeons well over with the same seasoning, and lay them upon the beef with the breast down, and between each two half-pigeons the yolk of a hard-boiled egg ; put over them two ounces of butter in small pieces, and fill up the dish with seasoned veal stock. Put over it a tolerably thick good crust, ornament it, and place in the centre of the crust three of the feet, nicely cleaned, to show what the contents of the pie are. Bake for an hour and a quarter.

1057. *Rook Pie.*

A rook pie, when the birds are scrupulously cleaned and well seasoned, is by many considered finer in flavour than a pigeon pie. Skin eight or ten young rooks, cut off the heads and legs, remove the backbone entirely, and the inside ; then put the birds into cold milk and water, with a tablespoonful of salt, for an hour. Put a lean beef-steak at the bottom of a large shallow dish—for in a pie of birds they should not be placed one over the other ; season each bird separately with pepper, salt, and mace, with a piece of butter not larger than a hazel-nut in each, and arrange them in a close layer over the steak ; put a tablespoonful or two of gravy into the dish, cover with good paste, and bake an hour and a quarter.

1058. *Grouse Pie.*

The grouse pie is only tasted in perfection in the North, where the delicious birds are plentiful. Four birds will make a good-sized pie; they must be plucked and drawn very delicately, for a bruise or a tear in the skin injures the peculiar flavour. Cut them in two lengthwise, season them inside and out with salt and a little Cayenne, and put in each bird half an ounce of fresh butter: use no other seasoning. Put the birds close together in the dish with the breast down, cover with strong unflavoured stock and puff-paste, and bake an hour and a quarter. The pie is excellent hot or cold.

1059. *Partridge Pie.*

Pluck and clean four plump young birds; chop the livers with a teaspoonful (when chopped) of parsley, a teaspoonful of salt, half as much pepper, and a quarter of a teaspoonful of mace; cut them in two lengthwise, put the seasoning into the birds with half an ounce of butter for each. Put at the bottom of a shallow dish a slice of fillet of veal; season the veal, like the birds, well with pepper, salt, and mace; lay the half-partridges close together, breast down, on the veal, add a quarter of a pint of veal stock, and, if you choose, the yolks of hard-boiled eggs; but we are of opinion that a partridge pie is better without eggs or forcemeat balls. Cover with good crust, brushed over with egg and ornamented, and bake an hour and a quarter.

All game pies, when served cold, should be covered with savoury jelly.

1060. *Plover or Woodcock Pie.*

The plover or woodcock is alike a bird of delicate flavour, and from its nicety of food is never drawn like other birds, the trail or inner part being considered a peculiar delicacy. A pie of either is rather extravagant, since the birds are rarely plentiful, but is considered a rarity and usually eaten cold. A slice of fillet of veal well seasoned with pepper, salt, and mace, must be laid at the bottom of the dish, over this a thin slice of lean ham; then pluck four or six birds very delicately, but do not open them; put round each bird a thin band of bacon,

and season well with pepper, salt, and mace ; put them close into the dish, and fill up with boiled plovers' eggs shelled ; pour over a quarter of a pint of strong-drawn beef gravy, and cover with puff crust. Egg and ornament it to your taste, putting in the midst two or three of the feet of the birds, and bake not more than three quarters of an hour.

1061. *Squab Pie.*

In the remote districts of the West of England there exists an old custom of making pies of incongruous materials, savoury and sweet mingled, leeks, apples, beef, pork, &c., the most popular of which is the squab pie. This is made of mutton-chops, well seasoned, laid at the bottom of the dish ; over them a layer of apples, sliced thin and sugared ; then a layer of onions, sliced. These layers repeated till the dish, generally of a large size, is filled. This is covered with a thick crust, and baked from one hour to two, according to the size. In this, and all the West Country pies, cream is often introduced.

1062. *Kidney Pie.*

Take six or eight veal kidneys ; slice them about a quarter of an inch thick, fat and lean ; have a calf's foot scalded, cleaned, boned, and sliced, in the same way. Season the slices of both well with salt, Cayenne, and a very small proportion of powdered cloves, not more than four for the pie. Make a layer of kidney ; strew over about a tablespoonful of minced ham ; then the calf's foot, more ham, and kidneys again. Fill up with the yolks of hard-boiled eggs and force-meat balls, without suet, and pour in a quarter of a pint of veal stock, mixed with a dessertspoonful of lemon-juice and a glass of sherry or Madeira. Cover with a good crust, and bake an hour and a half. This pie is much liked as a breakfast dish, and should always be served cold.

1063. *Cod-fish Pie.*

Take three or four pounds of fresh cod-fish ; throw a little salt over it, and keep it for a day ; then take out the large bones, season it well with pepper, salt, and mace ; put it into a pie-dish, with four ounces of butter ; strew over it a score of

bearded oysters and the liquor from them. Put no water in the pie; cover with a light puff crust, and bake for three quarters of an hour. Serve hot.

1064. *Halibut Pie.*

Take four or five pounds of the middle part of a fresh halibut, skin it, and remove the backbone, lay it whole in a pie-dish, and season with two teaspoonfuls of salt, half a teaspoonful of Cayenne, and as much powdered mace. Break into pieces six ounces of butter and put over it, and a tablespoonful of anchovy sauce. Add no liquid, but cover with good puff paste, and bake for an hour. This pie should be served hot, it is delicate and savoury, and, as a *maigre* dish, supplies well the place of a meat pie.

Soles or mackerel, with oysters, shrimps, or anchovy, make also a good pie.

1065. *Salmon Pie.*

Salmon makes a very rich pie, about four pounds are required. Cut it into slices, season every slice separately with salt, pepper, and a very little mace. Pound a pint of shrimps with an ounce of butter, and mould into small balls, mix with the slices of salmon. Boil down the bones and skin of the fish into a jelly, and fill up the dish. Cover with good paste, and bake an hour.

1066. *Eel Pie.*

Eel pies are very rich, but, well seasoned, are greatly in request. Skin the eels, cut off the heads, tails, and fins, and stew these in a little water for an hour, with a teaspoonful each of salt and pepper. Cut up the eels into pieces two or three inches in length, and put them into a pie-dish, seasoning them well with salt, pepper, and mace, add half the liquor from the skins, &c, and an ounce of butter, and cover with paste. Bake for an hour. In the mean time strain the remainder of the gravy, and heat it with two tablespoonfuls of cream, and when the pie is baked, pour in this sauce through a funnel.

1067. *Oyster Pie.*

Open and beard fifty oysters; lay them in a pie dish, but keep the liquor apart; put over them four tablespoonfuls of

fine bread-crumbs, half a teaspoonful each of salt and of Cayenne, and a blade of mace powdered ; then mix the oyster liquor well with three tablespoonfuls of cream and a dessert-spoonful of lemon-juice, and pour over. Cover with a thin puff-paste, and bake for twenty minutes. Serve at supper or luncheon.

1068. *Small Lobster Pies.*

Boil two good-sized lobsters, and, when cold, pick out all the meat, and bruise the shells, spawn, &c., in a mortar, and stew down, for half an hour, with two tablespoonfuls of water, one of vinegar, a teaspoonful each of pepper and salt, and an ounce of butter. In the mean time make the forms for small raised pies, mix the lobster meat, and fill the forms ; strain the gravy, and pour over ; then cover with thin paste, and bake a quarter of an hour. These pies may be served hot or cold.

1069. *Vegetable Pie.*

Take Windsor beans, young carrots, a sliced turnip, two or three artichoke bottoms, a lettuce, a small quantity of spinach, a quarter of a pint of green peas, and if not objected to, an onion, and a small bunch of parsley. Put these into a stew-pan, with half a pint of cream, two teaspoonfuls of salt, and one of pepper, and stew for a quarter of an hour ; then beat all together and turn into a pie-dish, adding two ounces of butter. Cover with a thin puff-paste, and bake a quarter of an hour. Serve hot. This is a good *maigre* dish.

1070. *Macaroni Pie.*

Stew a quarter of a pound of macaroni in veal broth for twenty minutes ; cut it in pieces six inches in length, and lay half in the bottom of a pie-dish ; season well with pepper, salt, and mace. Place over it a layer of minced ham and veal, slices of game which has been dressed, or sliced fricasseed sweetbreads, seasoning the meat, and putting alternately macaroni and meat, filling up with stewed mushrooms. Pour over equal quantities of veal gravy and cream ; cover with thin puff-paste ; bake for twenty minutes and serve hot.

1071. *Salmon Pie, with rice.*

Line the bottom and sides of the dish with cold boiled rice ; pound in a mortar a boiled onion, chopped into small pieces, with a teaspoonful each of salt and pepper, and three ounces of butter. Spread this over the rice ; then put over it two pounds of salmon, sliced, and seasoned with salt and Cayenne, strewed over with two hard-boiled eggs chopped fine ; another layer of rice, and two ounces of butter spread over it. Cover with good paste, and bake three quarters of an hour. Serve hot ; adding, if you like, any good sauce poured in through a funnel.

1072. *Savoury Puddings.*

For boiled puddings the pastry must be of butter or suet,—lard should never be boiled. When delicately prepared, suet makes a lighter-looking paste ; but it does not agree with every stomach. The plain *Brioche* or yeast paste (No. 1030), may also be used for a meat pudding. But whatever may be the materials for the pastry, all will fail unless they be in themselves good, and be mingled with a neat and skilful hand. The suet must be perfectly fresh ; the meat, above all, must be in excellent condition, for the smallest piece of old or tainted meat will spoil the pudding. If boiled in a basin or mould, it must be brightly clean, and well buttered ; if a cloth be used, it should be of good fine linen, carefully washed after using—but not soaped—folded, and laid by in a drawer, where no dust can reach it, and always dipped in boiling water, and floured before using. A meat pudding should always be put into boiling water, and moved about now and then to prevent it from adhering to the bottom.

1073. *Suet Paste for Meat Pudding.*

Take half a pound of perfectly fresh beef or mutton suet (the fat about the kidney is the best for the purpose). Remove every particle of skin ; then slice it very thin, and chop as fine as possible. Mix this well with a pound of flour and half a teaspoonful of salt ; moisten it with water by degrees till you bring it to a stiff paste. Roll it out two or three times till the

suet is perfectly incorporated ; then leave it for five minutes till you need it for use.

1074. *Butter-Paste for Meat Puddings.*

Into a pound of flour break six ounces of butter in small pieces, a very little salt, and as much cold water as will form a firm paste. Roll it three times, and leave it a short time in a cool place for use.

1075. *Beef-steak Pudding.*

Line a proper shallow thick-rimmed pudding-basin with paste about half an inch in thickness, leaving the paste about an inch over the edge. Fill this with well-kept rump-steak, cut thin, and seasoned well with pepper and salt (a very little fat may be introduced, if not objected to, and a few oysters make a great improvement). A quarter of a pint of cold water or gravy may be added ; then lay on paste to cover, moistening the edge paste and drawing it neatly over, pressing them carefully together. Dip the cloth into boiling water, and flour it ; tie the basin rather loosely up in it ; put it into boiling water, moving it about a little at first. Let it boil four or five hours ; take it up and allow it to stand a few minutes ; then either serve it in the basin, or untie, and turn back the cloth ; lay the dish over the top, and reverse the pudding upon it. If the meat was not very juicy, you can cut a round piece from the top of the pudding, and put in a slice of butter to improve it. Cold roast beef if not too much done may be used for this pudding.

1076. *Mutton Pudding.*

Line the basin or mould with paste, and fill with slices of lean mutton, either quite fresh or from a leg that has been underdone ; cover each steak with a seasoning of pepper and salt, and sprinkle with finely-shred parsley and eschalot. A quarter of a pint of gravy must be poured in ; then it must be finished like a steak pudding, and boiled, if fresh meat, three hours ; if cooked meat, not more than an hour and a half. The mutton may be minced if it has been previously cooked, and cannot be conveniently sliced.

1077. *Kidney Pudding.*

Split and soak six fine mutton kidneys; slice them, and season with a teaspoonful of salt, a quarter of a teaspoonful of Cayenne, a teaspoonful of dried herbs, and an eschalot minced. Lay them in the paste; add a quarter of a pint of good gravy and a glass of white wine; cover with paste, tie up, and boil an hour and a half.

1078. *Veal Pudding.*

Line the basin with paste; put in one pound and a half of lean veal, sliced, and seasoned with salt, pepper, and mace, and half a pound of ham, cut in thin slices and placed between the slices of veal. Fill up with veal gravy, cover, and boil two hours.

1079. *Calf's Liver Pudding.*

Slice into the paste a pound and a half of liver and six ounces of bacon, each piece well seasoned with pepper, chopped parsley, and chopped onions, half a pint of gravy, and a dessert-spoonful of sherry or good sauce. Tie up, and boil an hour.

1080. *Pork Pudding.*

The cuttings of pork which are spared when the pig is to be salted, which are quite lean, are best suited for a pudding. A pound and a half of the meat, seasoned with a teaspoonful of salt, half as much pepper, a teaspoonful each of chopped onion, sage, and apple. Put into the paste with half a pint of water. Tie up, and boil for two hours.

1081. *Steak and Woodcock Pudding.*

Line a basin with paste; then put in a slice of rump-steak, well seasoned with salt and pepper; over this a woodcock with the trail inside, and trussed as for roasting—another steak over it; all seasoned with salt and pepper only. Add a quarter of a pint of beef gravy; then cover with paste, and boil an hour and a half. The flavour of the woodcock will make the steak delicious.

1082. *Chicken or Rabbit Pudding.*

Cut up a rabbit or chicken into eight or ten pieces, and put into a stewpan with two teaspoonfuls of salt, one of pepper, and half as much mace ; cover with water, and stew gently for half an hour ; then take out the pieces to cool, and replace them with the head, liver, bones, &c., which stew for an hour, and then strain off the gravy. Line a pudding-basin with paste, put in the meat, and pour the gravy, when quite cool, over it ; cover with paste, and boil for an hour.

1083. *Pigeon or Rook Pudding.*

Make ready four pigeons as for a pie ; put into the paste a lean beef-steak, then the pigeons ; season well with pepper, salt, and mace ; fill up with the yolks of four hard-boiled eggs ; pour over a quarter of a pint of cold water or gravy ; close, and boil an hour and a half.

Young rooks make an excellent pudding, prepared in the same way as for rook pie, with a steak beneath them, and very well seasoned. A pudding of six or eight rooks will require to be boiled an hour and a half.

1084. *Partridge Pudding.*

Many people prefer to have partridges dressed in a pudding rather than a pie, as the flavour is so perfectly preserved in the paste. Unless the birds be very young, skin them before you cut them up into joints. Two good-sized partridges will make a pudding. Lay a thin rump-steak over the paste, then the partridges, seasoned well with pepper, salt, and mace ; pour over a quarter of a pint of brown gravy ; cover, and boil two hours. Mushrooms are sometimes added, but the partridge does not require any additional flavour.

1085. *Venison Pudding.*

Cut two pounds of steaks from a neck of venison, and put into a stewpan with two teaspoonfuls of salt and one of pepper ; cover it with cold water, and stew for three quarters of an hour ; then take it out and leave it to cool ; put a glass of port wine into the gravy, and boil it a quarter of an hour

longer ; leave it to cool while you make the pudding. Line the basin with paste, put in the venison, after cutting away the bone ; pour over it the gravy ; close, and boil for an hour and a half. This is an excellent pudding.

1086. *Small Birds in Puddings.*

Larks or sparrows are most commonly used for puddings ; the familiar redbreast is eaten in France, but old associations protect the bird in England. All the small birds require the addition of steak, delicate seasoning, and a little butter in each bird to enrich the flesh. They can then be used in the same way as pigeons.

1087. *Fish Pudding.*

A pudding of cod, halibut, salmon, or eels, is chiefly used as a variety of *maigre* dish, and by great care and good seasoning may be rendered very delicious. Line the mould with butter-paste, and if cod-fish or halibut, use two pounds, cut in slices half an inch thick ; season with pepper, salt, and mace, and a dessertspoonful of chopped parsley. If of cod, mince the liver, and add to it with three ounces of butter. Cover, and boil an hour.

For a salmon pudding, substitute minced fennel for the parsley, and add a teaspoonful of anchovy sauce and a tablespoonful of cream.

Eels must be skinned and cut in pieces of two inches in length, seasoned like cod-fish ; substitute for the butter two tablespoonfuls of cream, and add a glass of sherry or Madeira. Boil an hour.

1088. *Plain Suet Pudding.*

Mince six ounces of finely-chopped beef suet with a pound of flour and a teaspoonful of salt. Roll the suet with the paste-pin to blend it well with the flour ; beat up separately the whites and yolks of two eggs, and mix lightly into the flour with a skewer,—do not touch it with the hands ; add as much milk as will reduce it to a light dough. Tie it up in a clean pudding-cloth very loosely ;—this will allow the materials to swell, and the water percolating through will dissolve and carry away the superfluous fat, and leave the pudding light and

wholesome. This rule should be particularly applied to a plum-pudding. It will require an hour and a half to boil this suet pudding well.

1089. *Peas Pudding.*

Soak a pint of split peas for twelve hours in cold soft water, then tie them rather loosely in a cloth, and put in a pan of cold water. Let them boil for three hours; then turn out into a colander and rub them through; add two ounces of butter, two teaspoonfuls of salt, one of pepper, and two well-beaten eggs; beat all well together and return to the cloth, and put into boiling water for half an hour; then turn out and serve hot with good melted butter.

1090. *A very superior Peas Pudding.*

Soak and boil the peas as before; pulp them through a sieve; add salt and pepper, three well-beat eggs, two tablespoonfuls of cream, and two ounces of butter; beat all well together for ten minutes, then put into a buttered mould and boil for an hour. Serve with melted butter poured round.

1091. *Windsor-Bean Pudding, with Bacon.*

Boil and blanch a quart of full-grown beans; pound them in a mortar, with two teaspoonfuls of salt, one of pepper, a quarter of a pint of cream, and the beaten yolk of one egg; add a tablespoonful of spinach-juice to colour the beans. When quite smooth, put in a buttered mould; boil for an hour; then serve hot, with parsley butter. It is usual to send bean pudding up with boiled bacon.

1092. *Oatmeal Porridge, or Hasty Pudding.*

This is a favourite breakfast dish in Scotland, and in the north of England is much used in the nursery, being considered wholesome and nourishing. The coarse-grained oatmeal which forms a gelatinous substance when well boiled, is the best for this purpose. Pour over a quarter of a pint of the oatmeal as much cold water as will completely cover it, and let it lie six hours or longer to swell; then put into a saucepan a pint of milk, and let it boil, and stir in by degrees the moistened oat-

meal with a wooden spoon, beating it quite smooth as you put it in ; add a teaspoonful of salt ; boil for about ten minutes, or till the porridge is about the consistency of thick custard ; then pour it into small breakfast plates, and serve quickly with cold butter and salt, or sugar. The Scotch mode of preparing is to boil a pint of water or milk with a teaspoonful of salt ; then while boiling strew in the oatmeal dry, with one hand, and stir it briskly with a wooden spoon with the other hand, to render it smooth. When of the proper consistency, add no more oatmeal, but allow it to boil five minutes longer. **Serve it on plates with bowls of milk, with which it is eaten.**

CHAPTER XIX.

BAKED SAVOURY PUDDINGS, PATTIES, &c.

THE dish or mould in which a pudding is baked should be well buttered ; the oven should generally be of moderate and regular heat. Of all savoury puddings the most common is the

1093. *Yorkshire Pudding.*

Beat well four eggs, and mix gradually with four tablespoonfuls of flour, adding a teaspoonful of salt ; then stir in two or three tablespoonfuls of new milk. Beat the batter till it is perfectly smooth, and in the mean time place the pudding-tin beneath the roast meat to become hot and be moistened over with the dripping from the meat. Pour in the batter, and place it under the meat, turning it round, that all parts may be equally done. The real Yorkshire pudding is not more than half an inch in thickness, and is never turned, but requires about an hour to make it well done. But in most families it is made about one inch thick, and when browned is cut into squares and turned over, that the other side may be equally browned. This will require an hour and a half to bake it. It is always served with the roast, usually beef or veal, and sent to table cut up in squares. This receipt is for a very good Yorkshire pudding ; but it may be made with half the proportion of eggs.

1094. *Batter Pudding, with Steak.*

Make a good batter as for a Yorkshire pudding ; pour half into a buttered baking-dish ; lay upon it a pound of good steak, well seasoned with pepper, salt, and a little shred onion. Pour

over it the remainder of the butter ; put it into a **slow oven**, and bake an hour and a half. Serve with a good sauce.

1095. *Potato Savoury Pudding.*

Boil a pound and a quarter of good potatoes, till perfectly floury ; then peel and rub them through a colander ; beat three eggs and stir in ; then a quarter of a pint of good milk, an ounce of butter, and a teaspoonful of salt. Beat quite smooth into a batter. Butter a baking-dish, and pour half into it ; then lay upon it slices cut from an underdone leg of mutton or sirloin of beef, well seasoned, with a little minced onion if approved, and pour over it the remainder of the potato batter. Bake for an hour, and serve with good sauce.

1096. *Savoury Custard.*

Heat a pint of veal gravy ; season it with two teaspoonfuls of salt, one of pepper, a quarter as much mace, and half the rind of a lemon grated. Beat up the yolks of six eggs very well ; line the edge of a shallow baking-dish which has been well buttered with puff-paste ; then mix the gravy and eggs quickly, pouring them backwards and forwards two or three times. Pour into the baking-dish, and put it into the oven immediately. Bake for half an hour.

1097. *Savoury Rice Pudding (Maigre).*

Boil half a pound of rice till tender, but not broken ; drain it and leave it to cool. Boil a large Spanish onion for two hours, and when cool, peel, and pound it with two ounces of butter, two teaspoonfuls of chopped parsley, two of salt, and half a teaspoonful of Cayenne. When quite smooth, mix well with the rice, and stir in three well-beat eggs ; put into a buttered dish or mould ; bake half an hour ; then turn out, and serve with melted butter or any good sauce.

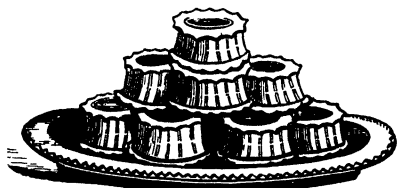
1098. *Cheese Rice Pudding (Maigre).*

Boil half a pound of rice as above ; when cool, stir into it four ounces of good grated cheese, seasoned with a teaspoonful of pepper and a teaspoonful of mustard in powder ; beat

well three eggs ; mix them with two tablespoonfuls of cream, and stir into the pudding. Bake in a buttered dish one hour.

1099. *Savoury Patties, or Vol-au-Vents, Rissoles, Croquettes.*

Many dishes of pastry, minced meat, &c., neatly made, and baked or delicately fried, may be made of cold fowl, game, meat, or fish, and are useful and pretty for *entrées*. For patties or *vol-au-vents*, two round paste cutters are required—the smaller one about the size of a half-crown, the larger twice the size ; the paste is then rolled about half an inch thick, cut out in rounds



with the larger cutter, and the smaller one is pressed but half through the paste, so that after baking the smaller round can be carefully raised with a small pointed knife, the crumb removed below, and then any of the varieties of meat prepared for the patty can be put in, and the cover restored. The gravy or sauce in which the patty-meat is prepared must always be of such consistence that it does not penetrate through the paste.

The patty or *vol-au-vent* is sometimes made in small patty-pans, lined with puff-paste, filled with a crust of bread, and covered with paste ; then baked, and after baking, turned out of the pan, the cover raised, and the proper meat substituted for the bread. Patties and *vol-au-vents* require great care in baking the cases as well as preparing the meat. They may be served hot or cold, always on a folded napkin.

1100. *Beef Patties.*

Shred the underdone fillet of beef very fine ; season it with pepper, salt, and a minced eschalot. Heat it in as much rich

thickened gravy as will moisten it. Bake the paste cases, take out the bread, and put in the beef. Serve hot.

1101. *Veal Patties.*

Mince a slice of dressed fillet of veal with half a dozen oysters, make a good white sauce, with a very little lemon grated into it and the liquor from the oysters added; put in the mince, and keep it hot till the paste cases are baked, then fill, and serve them hot or cold.

Minced fowl or rabbit may be used in the same way. A delicious *vol-au-vent* is made of sweetbreads and truffles.

1102. *Oyster Patties (maigre).*

Beard the number of oysters you require, and preserve the liquor; then put them into a stewpan with a seasoning of pepper, salt, and nutmeg, the liquor, and as much thick cream as will cover them; heat them till the paste be baked; then fill the patties, being careful not to put in too much of the sauce. The oyster is the most favourite material for filling patties.

Lobster or crab may be used, seasoned in the same way.

1103. *Turbot Patties (maigre).*

Turbot patties are very delicious, and any fragments left of dressed turbot should be preserved for making them. Put into a stewpan a tablespoonful or two of good cream, a slice of butter rolled in flour, salt and pepper. When the sauce is hot, cut the turbot into dice, and put in to heat. Have the patty cases ready, and fill with the turbot; serve immediately, quite hot.

Many kinds of fish may be prepared in the same way; of these, the halibut has most resemblance to the turbot.

1104. *Egg Vol-au-Vents (maigre).*

Boil four eggs very hard, and when cool mince them with two truffles; season with salt, pepper, and nutmeg, and put into a stewpan with two tablespoonfuls of thick cream; simmer gently for five minutes while the paste cases are baking, then fill them with the egg, and serve hot.

1105. *German Croustades.*

Take slices of bread half an inch thick, cut into rounds, and soak in clarified butter; then cut out the inside with the second size patty-cutter; dip them in egg and fry them in butter. Have ready minced fowl in white sauce, well seasoned, and when the *croustades* are brown, drain them, fill with the mince, and serve hot. Sometimes the mincemeat is covered with buttered crumbs, which must be rapidly browned with a salamander.

1106. *Rissoles.*

Rissoles, like patties, are made of any dressed meat or fish, in various forms of pastry, and are always fried. Croquettes are combinations of meat, fish, rice, or many other materials, and are likewise fried. Any of the receipts for patties, if fried instead of baked, become rissoles.

1107. *Rissoles of Meat.*

Prepare the minced beef, veal, &c., as for patties; then roll out puff-paste, cut it into rounds, put a little of the meat on each, wet the edge of the paste with white of egg, and draw it over the meat, uniting it together in the form of a ball. Or,

Put the meat on one round of paste, wet the edge, and put another round upon it, closing it neatly. Egg the pastry, and fry in butter till quite brown: this will be in five or six minutes; drain them, and serve hot on a napkin.

1108. *Rissoles of Turkey or Chicken.*

Mince very fine any of the white meat left of dressed turkey or chicken, with a fourth part of lean ham or tongue; then add a quarter of the weight of meat in fine bread-crumbs, add an onion which has been boiled in three waters till it is quite mild, finely chopped, a slice of butter melted, pepper, salt, and nutmeg, and bind the meat together with well-beaten egg. Cut out the puff-paste into any form, and put a teaspoonful of the meat into each rissole; brush them over with egg, and dip in fine crumbs; fry brown, and serve on a napkin garnished with fried parsley.

1109. *Sausage Rissoles, or Carmelons.*

Roll out the puff-paste, and cut it into pieces about four inches by two inches ; spread on each piece sausage-meat (No. 197) ; fold the paste round, and close the edge and ends neatly with white of egg ; fry in butter five or six minutes, drain them, and serve on a napkin in a star, or in layers one above another, crosswise.

1110. *Rissoles of Lobster.*

Fry half a small onion, chopped fine, in butter ; then pour into the frying-pan half a pint of cream, and let the whole simmer five minutes. Take the whole of the meat of a middle-sized lobster, and cut it up into small dice ; pour over it a tablespoonful of lemon-juice, and season with a teaspoonful of salt, half as much finely-chopped parsley, and a drachm of Cayenne ; beat up the yolks of two eggs, and mix with the meat ; then stir all into the sauce, and simmer for three minutes ; turn it out to cool, and make up in puff-paste ; fry, and serve hot on a napkin garnished with fried parsley. Shrimps or other shell-fish may be prepared in this way.

1111. *Sweetbread Croquettes.*

Mince very fine two sweetbreads ; add half the weight of grated crumbs ; season with salt, pepper, and mace, a little nutmeg, and a flavour of grated lemon-peel ; put into a stewpan, with as much cream as will moisten the whole, for ten minutes ; turn out the meat, and let it cool ; then form it into small cones or balls ; dip them in egg and bread-crumbs, and fry them slowly in butter till browned ; drain and dry them on a cloth before the fire, then serve piled on a napkin.

1112. *Veal Croquettes.*

Mince very fine, removing all skin and sinew, one pound of fillet of veal that has been cooked, with a quarter of a pound of tongue, lean ham, or bacon ; put into a stewpan, with half a teaspoonful each of salt and white pepper, and a quarter of a teaspoonful of nutmeg grated, one ounce of butter rolled in flour, and two tablespoonfuls of thick cream ; simmer gently for a quarter of an hour, then turn out to cool. When quite

cold, roll into cones or balls, dip in egg and crumbs, and fry brown ; drain, and serve on a napkin with fried parsley.

1113. *Croquettes of Rice.*

Boil half a pound of rice as if for currie, drain it, and mix well with it a tablespoonful of grated cheese, a teaspoonful of white pepper, and half as much powdered mace. Mince fine turkey, fowl, rabbit, or oysters ; stew the mince for ten minutes in as much cream as will cover it, seasoning with salt and pepper ; then hollow a spoonful of the rice, put some of the mince in the hollow, and form the rice round it like an egg ; brush with white of egg, powder with fine crumbs or vermicelli, and fry in butter ; drain, and serve them hot piled on a napkin.

1114. *Croquettes of Chicken.*

Shred very fine the breast of a cold chicken ; have ready some good white sauce ; put in the chicken ; season with pepper, salt, and nutmeg. Heat for five minutes ; then let it become perfectly cold, and roll it into small balls not larger than a walnut. Have ready eggs well beaten, and fine seasoned crumbs. Dip the balls into the egg and crumbs alternately three times ; then fry them brown in butter, drain, and serve with white sauce.

1115. *Croquettes au Financière.*

Mince a veal sweetbread, the livers of three fowls, two artichoke bottoms, half a dozen mushrooms, two truffles, six oysters, and a clove of garlic, with salt and pepper. Put them into a stewpan with two tablespoonfuls of *roux*, and an ounce of butter. Simmer for ten minutes ; then skim off the fat, and add a glass of Madeira. Simmer five minutes longer, then turn out to cool, and when quite cold, mould into balls or cones, and fry in butter ; drain, and serve them with croustades round.

The *vol-au-vent au financière*, which is considered a great delicacy, is filled with this preparation.

1116. *Croquettes of Fish.*

Any kind of dressed fish may be made up into *croquettes*. Take the fish from the bones free from skin, add an equal

quantity of bread-crumbs soaked in hot milk or cream, and hard-boiled yolks of eggs equal to half the meat. Pound all in a mortar with salt, pepper, and chopped parsley to season ; add as much butter as will reduce it to a smooth paste ; then form into balls or cones, dip two or three times in beaten egg and bread-crumbs, and fry in butter. Drain, and serve on a napkin, or with *croustades* and good fish sauce.

1117. *Quenelles as an Entrée.*

Mince very finely a pound of any dressed meat, mix with it an equal quantity of fine crumbs, a clove of garlic, a teaspoonful of parsley, as much lemon-rind, and an anchovy, all finely minced ; season with a teaspoonful of salt, half a teaspoonful of pepper, and a quarter of a teaspoonful of grated nutmeg ; mix all up with two ounces of dissolved butter, and when cool stir in the yolk of an egg, and mould it into *quenelles* or oval balls like eggs, as you choose ; fry these in butter, and serve them in rich brown gravy as an *entrée*, or a breakfast dish.

1118. *Quenelles of Game.*

Take a pound of the fillets of any game or poultry you may have left from the table, and remove every particle of skin and sinew ; put the meat into a mortar with two tablespoonfuls of minced mushrooms, two teaspoonfuls of salt, one of pepper, and a quarter of a teaspoonful of grated nutmeg ; pound them to a paste with two ounces of butter and the yolk of an egg ; have ready the crumb of a French roll simmered over the fire in an ounce of butter, and reduced to panada. This must be left to cool, and then mixed and pounded with the former paste. Leave the whole to stiffen in a cool place, or on ice ; then mould the *quenelles*, dip them in egg and seasoned bread-crumbs, fry them a good brown in butter, drain them on a napkin, then serve them in a rich brown sauce.

CHAPTER XX.

SWEET PASTRY.

1119. *Tarts, Cheescakes, and Custards.*

FOR every kind of sweet pastry, puff-paste certainly makes the best and most elegant crust, and this should always be made of butter; the plainer kinds of crust (Nos. 1026-7-8), may be used for economy, but dripping or suet should never be admitted into sweet pastry. Dough crust is wholesome, and if baked well and eaten hot is a tolerable substitute for puff or short paste.

In addition to the receipts for the various pastry suitable for tarts or pies, we add some used for sweet dishes only.

1120. *A good Dough Crust for Family Tarts.*

To half a pint of milk add three ounces of butter, mixing it over the fire till lukewarm. Take one pound of flour, and put into it a tablespoonful of yeast beaten up with a well-beaten egg, or half an ounce of German yeast, and then mix with the warm milk and butter into a stiff dough. Set it down before the fire for a quarter of an hour to rise; then roll it, and use immediately for tarts.

1121. *A light Paste for Tarts.*

Beat the white of an egg to froth, then mix with it as much water as will form three quarters of a pound of flour into a stiff paste; roll this out very thin, divide half a pound of butter into three parts, break one-third into small pieces and distribute it over the paste; roll it up tight; then repeat this operation three times, using all the butter. Lay the paste upon ice or some very cool place till you want it for use.

1122. *A very fine Paste for Cheesecakes and Tartlets.*

Dry a pound of fine flour, and mix with it three ounces of very fine sugar powdered; beat half a pound of butter to a frothy cream; strew in the flour by degrees, and add as you work it in the yolks of three and the whites of two eggs; make it into a stiff paste, leaving it a short time on ice or marble to become cold; then use it. It will not require more than fifteen minutes' baking, and after being taken from the oven, should be brushed over with beaten white of egg, then covered with sifted sugar, and put for a few minutes into the oven to harden. This paste should be eaten cold.

1123. *Rice Paste.*

Boil a quarter of a pound of ground rice in as much water as will cover it, till the water be quite absorbed. Then take it out, press it in a napkin to strain off the water, and put it into a mortar with an ounce of butter and one egg well beaten; pound it into a paste, roll it out, and use for tartlets or cheesecakes.

1124. *A plain Apple Tart.*

Pare the apples, cut them into quarters only—if smaller the pulp is not so juicy,—core them, and after lining the edge of the tart-dish with puff-paste, fill it with the apples, strewing in as you place them a quarter of a pound of moist sugar, with a teaspoonful of grated lemon-peel or two cloves. A table-spoonful of water may be added, or if the apples be not quite fresh two tablespoonfuls of cyder; then cover with paste, and bake nearly an hour.

1125. *A good Apple Tart.*

Rub the apples very clean before you pare them, then put the peel and the cores into a pan with a tablespoonful of sugar, and as much water as will cover them, for ten minutes. Take out the apple and simmer the water again, with a teaspoonful of lemon-juice, then leave it to cool. Pile up the apples high in the middle of the dish, add a teaspoonful of red currant jelly, or apricot or quince marmalade; pour in the liquor,

cover with paste, and bake an hour. A good custard is often served with apple tart.

1126. *A Tart of young Codlin Apples.*

Put the apples into a stewpan, cover them with cold water, and set them over a very slow fire for twenty minutes ; then take them out, and draw off the thin skin ; core them without quartering, leave them to cool ; then line the edge of your dish with paste, pile up the whole apples high in the centre of the dish, strewing between them fine sugar, and pour over them two tablespoonfuls of the water in which the codlins were boiled. Bake for an hour in a slow oven, and serve with icing or sifted sugar over the paste.

1127. *An excellent Apple Tart.*

Put into a stewpan the thin rind of two Seville oranges and the peel of the apples, and cover with water ; boil for twenty minutes ; take out the peels, and mince the orange-peel very small to strew among the apples ; add eight ounces of sugar and the juice of the oranges to the water in which the peels were boiled, and boil gently for a few minutes ; make up the apples into a pile in the dish, raised in the centre ; pour the syrup, when cold, over them ; cover with good paste, bake, and ice.

1128. *Icing for Sweet Pastry.*

Beat the whites of as many eggs as you choose to a stiff froth, and before using stir in as much sifted sugar as you can. Either ice the tart before baking, or take it from the oven when nearly baked ; brush it over as thickly as you choose with the icing, and return it to the oven for a few minutes to harden, taking care that it never becomes brown. This is a great addition to a tart you wish to look well on the table.

1129. *Pear Tart.*

Pare and quarter half a dozen fine baking pears, put them into a stewpan with four ounces of sugar, and half a pint of cyder or perry, or a quarter of a pint of water, a dessertspoonful of lemon-juice, and six ounces of sugar ; add three cloves, and

stew gently for three-quarters of an hour. Turn them out with the syrup, and when cold make into a tart with good paste. This tart is very rich, and is best eaten cold. The *Warden Pie* of old was more highly spiced and usually of large size.

1130. *Green Apricot Tart.*

The most delicious and elegant of tarts is, according to a high authority, the green apricot tart. The apricots must be put into a stewpan with a third of their weight in fine sugar, and a few spoonfuls of water. Stew gently for a quarter of an hour, or till the fruit be tender; then turn out with the syrup to cool. Make a delicate paste, line the edge of the tart-dish; fill up with the apricots, cover, and bake half an hour; ice it, and serve hot or cold.

1131. *Plum Tart.*

The Orleans plum, wine-sour, or damson may be used for tarts, but the magnum-bonum must ever rank first when properly cooked, though unfit for dessert. Put them into the tart-dish, with the full weight in sugar, and no water; cover with paste, and bake an hour.

An apricot tart requires rather less sugar. It is an elegant dish, but too costly for family use. It should be iced, and served cold.

1132. *Green Gooseberry or Currant Tart.*

The fruit must be nicely picked, and mixed with a third of the weight in sugar, and a spoonful or two of water.

Ripe fruits—raspberry, cherry, &c.—require a smaller proportion of sugar. All these can be baked with common or richer crusts, at pleasure.

1133. *Raspberry Tart with Cream.*

Fill the tart-dish with fresh raspberries, and less than a quarter of the weight in fine sugar; cover with a thin paste; bake half or three quarters of an hour, according to size; take it out of the oven; raise the cover, beat up the yolks of two eggs well, and mix with half a pint of cream and a table-

spoonful of sifted sugar ; pour this over the fruit, restore the crust, and return it to the oven for five or six minutes. Strew sugar over the crust, and serve hot or cold.

1134. *French Plum Tart.*

Put into a stewpan half a pound of good French plums, with four ounces of sugar and two tablespoonfuls of water, or of port wine, or light French red wine ; stew gently till you can open and take out the stones ; extract the kernels, and return half to the prunes and sugar. Turn the whole into a tart-dish, cover with paste, bake three-quarters of an hour, and serve hot.

1135. *Orange Tart.*

Peel two large Seville oranges, and put the peel into a stewpan with an equal weight of sugar and two tablespoonfuls of water. Simmer till quite tender, and pound the whole to a paste, with an ounce of butter, in a mortar ; then cut up the fruit, take out the seeds, and remove the white skin ; put it into a tart-dish, with an equal weight of sugar, add the paste of the rind, and two teaspoonfuls of lemon-juice. Cover, and bake three-quarters of an hour.

1136. *Fresh Barberry Tart.*

Strip the berries from the stalks, and use half the weight of sugar, strewing it over each layer of the berries till the dish is filled ; pour in two tablespoonfuls of cold water, cover, and bake three-quarters of an hour.

1137. *Cranberry Tart.*

Take a pint of cranberries, and put into a stewpan with four ounces of moist sugar, stir them over the fire, and skim for twenty minutes. Pour them out to cool ; then put into tart-dishes, and cover with paste, or make up in open tarts.

1138. *Jam Open Tarts.*

The shallow tart-pans must be lined with paste, the jam spread over, and then bars of crimped paste crossed in lozenges before baking, or, may be the lining of paste first baked ;

then the jam spread, and baked ornaments or bars placed over before serving.

A jam tart may be baked in the paste, and good custard poured over it before serving, or a *croquant* cover made by lining a rather deep tart-pan with crimped bars of stiff short paste, crossed in lozenges; then turning it out, and placing the *croquant* over the jam.

1139. *Tartlets.*

Tartlets are made by lining small patty-pans with puff or any sweet paste; almonds pounded or ground rice are often mixed with sugar, eggs, and butter for tartlet paste. When two-thirds baked, they should be taken out of the oven, filled with jam, marmalade, or any *compote* of fruit, and returned for a minute to the oven. They are served cold, with an ornament of sugar-paste on each, or whipped cream.

1140. *Almond Pastry for Ornaments or for Tartlets.*

To a quarter of a pound of flour add a quarter of a pound of finely-sifted loaf-sugar, and two ounces of almonds pounded to a paste; beat the whites of two eggs up well with two table-spoonfuls of orange-flower water. Mix all into a stiff paste, beat it with the paste-pin, and roll it very thin. Cut with your paste-cutters leaves, flowers, or any ornaments you choose. Bake them for a few minutes on a tin in a slow oven, to be hard, but not coloured; then keep them in a tin box or drawer for use.

1141. *Jam Patties.*

Cut out with your patty-cutters rounds of puff paste, with an inner round cut smaller, but not through the paste; bake them, then raise the small round, scoop out the crumb, and fill with jam; cover again. Or,

Cut out a number of the large rounds; then with the smaller cutter entirely take out the middle from half the forms. Then put an additional ring of paste on each perfect round; bake, and fill with various sweetmeats to your taste. Serve cold.

1142. *Apple or Jam Puffs.*

Stew the apple in quarters, with a fourth weight of sugar, in a stone jar in the oven to a pulp; then let it cool. Make any

kind of paste, cut it up into small squares or rounds not quite a quarter of an inch thick, and when the apple is cold put a little on one of the pieces, wet the edges of the paste, and put over another piece of the same size, joining the edges neatly. Jam of any kind may be used in the same way. Five minutes will bake them. Serve cold.

1143. *Rhubarb or Spring Fruit Tart.*

This vegetable, cultivated and improved greatly of late years, is usually known as "spring fruit." The small red rhubarb, or Victoria rhubarb, is now much more approved than the giant rhubarb; it is richer and more juicy. Cut the stalk into short pieces, pare off the thin skin; fill up the tart-dish, adding the same proportion of sugar as for apple-tart, cover with paste, and bake from three-quarters of an hour to an hour.

1144. *Apple Florentine, an old Christmas Dish.*

This old-fashioned Christmas dish, which in some rural districts is still prepared, is merely an apple-tart or pie of gigantic proportions, with a good quantity of lemon mixed with the apples, baked with a rich crust, which as soon as taken from the oven is cut into triangular pieces, carefully raised, and as much richly-spiced and sugared ale as will fill the dish poured in hot. The cover is then restored, and the Florentine served hot; to be partaken of by all the assembled party who love to perpetuate the customs of old Christmas-tide.

1145. *Mince-meat for Christmas Pies.*

One pound of the lean fillet of roast beef free from skin, or of dressed tongue; two pounds of beef suet—kidney suet is the best; three pounds of currants, well cleaned and perfectly dry; three pounds of pared apples; half a pound of candied lemon. Chop all these very fine separately, add the grated outer rind and the juice of a lemon, two pounds of fine Lisbon sugar, half a nutmeg grated, a quarter of an ounce each of mace and cinnamon finely powdered. Pour over a pint of white wine, mix well together, and press into a stone jar. Keep it covered in a cool place for use.

1146. *Very Superior Mincemeat.*

One pound of boiled tongue, one pound of fresh suet, two pounds of the best raisins stoned, two pounds of well-cleaned and dried currants, two pounds of choice juicy apples, two pounds and a half of powdered loaf-sugar, four lemons boiled, with the pips removed, and the grated outer rind of two unboiled, half a pound of candied citron, half a pound of candied orange, two nutmegs grated, a teaspoonful of salt, one of pounded mace, half as much ginger. Mince each of the materials separately, and mix all carefully together; then pour over and stir well in, half a pint of brandy and half a pint of Sherry or Madeira. Press the mincemeat into a jar, cover, and keep it till wanted. It should never be used immediately; and this mincemeat, we know from experience, will keep for months. Half the quantity is sufficient to prepare for a small family. If wanted *maigre*, a small proportion may be prepared separately without the meat, and using fresh butter instead of suet.

1147. *Mince Pies.*

Line small patty-pans with thin puff-paste, fill them well with the mincemeat, cover and trim the paste neatly, make a small opening in the cover with the point of a skewer, bake them half an hour. Serve them hot on a napkin, with sugar strewed over them. Brandy is usually served with mince pies, to be poured over them when opened, and burnt.

1148. *Superior Mince Pies.*

If you wish the mince pies to be particularly good, beat up the yolks of two eggs with a tablespoonful of sifted sugar, a tablespoonful of lemon-juice, and a tablespoonful of brandy, and put over the meat in each patty-pan a dessertspoonful of the mixture, stirring it into the meat. Cover and bake, and when nearly done take them out and ice them, then return to the oven to finish, and harden the icing. Serve hot.

1149. *Lemon Mince Pies (maigre).*

Squeeze out and set aside the juice of six lemons. Boil the rinds till quite tender, changing the water two or three times;

then pound in a mortar to paste. When cold, mix this paste with two pounds of clean dry currants, one pound of raisins chopped small, a quarter of an ounce each of cinnamon, mace, and nutmeg, two ounces of candied orange, two pounds of sugar, a quarter of a pint of brandy, the lemon-juice, and half a pound of clarified butter poured over, and thoroughly mixed. This is a delicate mincemeat, and will keep well.

1150. *Country Cheesecakes.*

The curd country cheesecakes are prepared from the curd made daily of new milk by curdling it with reumat. This curd may always be procured from the farm-houses. Take the curd from three quarts of milk, strain it in a strainer, then rub it through a colander, and mix with it two ounces of butter and two tablespoonfuls of cream, five ounces of currants cleaned and dried, three-quarters of a pound of sugar, half an ounce of grated nutmeg, the outer rind of a lemon grated, four eggs well beaten, and a glass of wine or brandy. Line the patty-pans with paste, fill with the curd, put bars of paste across, and bake for twenty minutes. All cheesecakes are served cold.

1151. *Excellent Cheesecakes.*

Strain three-quarters of a pound of fresh curd, then beat it with six ounces of butter till perfectly smooth, continue to beat in four ounces of fine sifted sugar, two ounces of pounded almonds, four ounces of currants, two tablespoonfuls of cream, a quarter of an ounce of nutmeg, a quarter of an ounce of cinnamon. Stir into all a glass of Sherry or Madeira, and four eggs well beaten. Line the patty-pans with puff paste. Fill them three-quarters, ornament, and bake twenty minutes.

1152. *Lemon Mixture for Cheesecakes.*

To a quarter of a pound of butter add a pound of bruised loaf-sugar, the grated outer rind of two lemons, the juice of three, the yolks of six eggs, the whites of four beaten separately. Put all into a pan, and simmer gently over a slow fire till all is dissolved, and mixed into the consistence of honey. When quite cold, put it into a jar, and cover it; keep it in a dry place

for use. Then bake it like curd, in patty-pans lined with puff paste.

1153. *Orange Cheesecakes.*

Blanch half a pound of almonds, and pound them smooth in a mortar, with a tablespoonful of orange-flower water, half a pound of finely sifted sugar, and one pound of fresh butter. Boil a Seville orange, changing the water two or three times, till it is tender ; remove the pips, and with two candied oranges chopped into small pieces pound also to paste ; then beat the whole together, with the yolks of ten and the whites of four eggs, and bake in patty-pans lined with puff-paste.

1154. *Apple Cheesecakes.*

To the pulp of three large roasted apples add four ounces of fine sifted sugar and the grated outer rind of a lemon. Beat these quite smooth ; then mix in half a pound of clarified butter, and the yolks of six eggs, well beaten. Line the patty-pans with paste, and fill three-quarters with the mixture. Bake a quarter of an hour.

1155. *Bread Cheesecakes.*

Melt six ounces of butter in a pint of new milk, and pour it hot over a pound of bread-crumbs. Let it stand to be quite cold ; then add six ounces of currants, six ounces of sugar, a quarter of an ounce of grated nutmeg ; beat all quite smooth with the yolks of eight and whites of five eggs. Add, if you choose, a glass of brandy. Bake in patty-pans lined with paste for twenty minutes. These cheesecakes are as good as those of curd.

1156. *Potato Cheesecakes.*

Boil four ounces of lemon-peel to be tender ; then pound it in a mortar with four ounces of powdered sugar ; add to it six ounces of potatoes boiled till floury, and beat well in with four ounces of clarified butter. When beaten smooth, add the yolks of four and the whites of two eggs. Half fill the lined patty-pans, and bake for twenty minutes.

1157. *Carrot Cheesecakes.*

Boil a good-sized carrot till quite tender ; rub it through a tamis ; mix with it two dessertspoonfuls of fresh curd ; beat up with two ounces of butter, three ounces of currants, a quarter of a pound of sugar, a quarter of an ounce of nutmeg, and two eggs well beaten. Bake in lined patty-pans.

1158. *Almond Cheesecakes.*

Blanch four ounces of sweet almonds and one of butter ; pound them in a mortar, with four ounces of loaf-sugar, four ounces of butter, the outer rind of a lemon grated, a table-spoonful of sherry or Madeira, and a dessertspoonful of lemon-juice. Have your patty-pans ready, lined with delicate paste ; then beat up the pounded mixture with the yolks of six and the whites of three eggs ; fill up the patty-pans, bake for a quarter of an hour, and ornament with sugared paste.

1159. *Excellent Orange Cheesecakes.*

Pour three tablespoonfuls of milk or cream, warmed, over a quarter of a pound of sponge biscuits ; beat them well up with four ounces of butter, four ounces of powdered sugar, a quarter of a nutmeg grated, and the outer rind of a Seville orange grated. Add a tablespoonful of brandy, and stir into the whole three well-beaten eggs. Line patty-pans with good paste ; fill, and bake a quarter of an hour.

Excellent lemon cheesecakes may be made the same way, substituting for the orange the rind of a lemon, and stirring in half the juice.

1160. *Ground Rice Cheesecakes.*

Mix three ounces of ground rice smoothly with a cup of good milk, then add by degrees a pint of boiling milk ; stir rapidly till mixed. Set it over the fire, and simmer for ten minutes ; then add to it three ounces of sugar and three ounces of butter, with the grated rind of a lemon and half a teaspoonful of powdered cinnamon. Pour it out to cool ; then beat up five eggs, with a tablespoonful of brandy, and stir in ; fill up the lined patty-pans, and bake immediately.

These cheesecakes are the kind usually met with at the pastry-cook's.

1161. *A cheap and good Baked Custard.*

Boil two pints of milk with the rind of a small lemon, and a stick of cinnamon, and four ounces of sugar. Let it cool, and strain it; beat the yolks of eight eggs, and mix in the milk gradually; have shallow tart-dishes lined with paste; pour in the custard, grate a little nutmeg over, and put into the oven immediately. Bake in a slow oven half an hour. Serve it cold.

1162. *A good Baked Custard.*

Boil two pints of good new milk, with four ounces of powdered sugar, a teaspoonful of salt, the rind of a small lemon, and a teaspoonful of ratafia. Beat well the yolks of eight eggs, and stir into them a quarter of a pint of cream; stir round rapidly a few minutes, then pour the whole into a deep dish or mould. Bake for ten minutes. Leave it to grow cold, then turn out, and serve with jam round it.

CHAPTER XXI.

BAKED SWEET PUDDINGS.

IN making puddings it is essential that all the materials should be carefully prepared, the flour dry, the milk and eggs fresh, the latter carefully beat, the whites and yolks separately, and if for a delicate pudding, strained. Currants and raisins require to be washed, dried, and made ready for the pudding with nicety; suet, if used, must be fresh and perfectly free from skin. Batter is usually strained before it is used.

The pudding-dish or mould must be buttered before the materials are poured in, and after baking, the pudding is usually turned out into a hot dish, and served immediately; this is especially necessary for all light puddings and *soufflés*, as will afterwards be directed. Custard and bread puddings require a slow, batter and rice a quick, oven.

1164. *Baked Plum Pudding.*

Pour one pint of boiling milk over a pound of bread cut in slices; as soon as the milk is absorbed and cool, beat the bread smooth, adding as you beat it half a pound of chopped raisins, three-quarters of a pound of currants, half a pound of finely shred suet, a quarter of a pound of powdered sugar, a quarter of a teaspoonful each of salt, grated nutmeg, and powdered ginger, and a glass of wine or brandy. Mix all well, and add four well-beaten eggs. Pour the batter into a well-buttered dish or mould; bake it in a moderate oven two hours; turn it out, sift sugar over it, and serve with good pudding sauce or custard.

1165. *Baked Plum Pudding, without Suet (maigre).*

Pour a pint of boiling new milk over a pound of bread-crumbs ; beat into it while warm six ounces of butter ; then let all remain to cool. When cold, beat it smooth, and add by degrees half a pound of chopped raisins, half a pound of currants, a quarter of a pound of sugar, two ounces of shred candied orange, a teaspoonful of grated lemon-rind, a quarter of a teaspoonful of salt, the same of nutmeg, and a glass of brandy. Beat all up with four well-beaten eggs. Pour into a buttered mould ; bake for an hour and a half ; turn out, and serve sifted over with sugar, with creams, custard, or good sauce.

This pudding is excellent when cold.

1166. *Plain Bread Pudding.*

This is the most economical and wholesome of family puddings, and usually a favourite in the nursery. Any pieces of cake or bread may be used, either cut up or crumbled. Over six ounces of bread pour a pint of boiling milk ; cover it, and let it stand till cold ; then beat it quite smooth, with two ounces of sugar, a saltspoon of grated nutmeg, and one or two well-beaten eggs. Bake it half an hour in a buttered dish, turn it out, strew sugar over it, and serve with plain butter or cream.

1167. *Brown Bread Pudding.*

Grate half a pound of stale brown bread, mix with it half a pound of finely-shred suet, half a pound of currants, six ounces of sugar, a drachm of grated nutmeg, three tablespoonfuls of cream, and one of brandy ; mix all well ; then add the yolks of six eggs and the whites of four, well beaten. Bake for two hours, turn out, cover with sugar, and serve with good sauce.

1168. *Bread and Butter Pudding.*

Strew a few currants at the bottom of the buttered dish or mould ; then place upon them a layer of thin bread and butter, over which strew currants and sifted sugar as you choose ; then add successive layers of buttered bread and currants till the

dish be nearly filled. Beat up very well four eggs, with a pint of new milk, a drachm of nutmeg, and another spoonful of sugar ; pour it over the bread about ten minutes before you put it in the oven. Bake for three-quarters of an hour, and serve with sifted sugar over it, either in the dish or turned out.

1169. *Lemon Bread Pudding.*

Mix six ounces of bread-crumbs with four ounces of powdered sugar and a tablespoonful of grated lemon-peel ; add four ounces of butter, and simmer for ten minutes over the fire. Pour it out till cold ; then stir in two tablespoonfuls of lemon-juice, the yolks of four eggs well beaten, and the whites of two. Line the edge of a dish with puff-paste, pour in the mixture, and bake for three-quarters of an hour. Serve with cream, and sugar sifted over.

1170. *Custard Bread Pudding.*

Make a pint of rich custard (No. 1404) ; leave it to be quite cold, and prepare your pudding by cutting three thin slices of bread and butter exactly the size of the pudding-dish ; over each layer strew currants, powdered sugar, and a little finely-shred candied lemon. Then pour over the custard, a little at a time, that the bread may absorb it, letting it stand above an hour before you bake it, leaving a small quantity of the custard to pour over it at the last. Bake in a moderate oven for half an hour.

1171. *Batter Pudding.*

No pudding is so often spoiled by negligent or ignorant preparation as the wholesome, useful family batter pudding, which may be made very economically without being the stiff clammy substance which children even turn away from. To six ounces of dry flour add a quarter of a teaspoonful of fine salt ; beat the yolks and whites of three or four eggs separately, and strain them ; then beat them into the flour till you make a smooth light batter. Thin this by degrees with a pint of milk, pour it into a buttered dish, and bake it for three-quarters of an hour in a brisk oven. Serve with cream or milk, and any kind of jam.

1172. *Black-cap Puddings.*

Make a batter as before ; have ready small cups buttered ; spread over the bottom currants, and a little candied peel ; fill three-quarters with the batter ; bake them twenty minutes in a brisk oven ; turn them out on a hot dish ; pour good sauce round them before you serve them.

1173. *Nottingham Pudding.*

Pare six fresh apples of the same size ; remove the core with a scoop, taking care to handle the apples little, and keep them whole ; put into each apple a small piece of butter, and fill up with sugar. Place them side by side in a buttered pudding-dish, cover them with a light batter, and bake an hour in a moderate oven.

1174. *Rice Pudding.*

Put six ounces of rice into a quart of cold water ; let it simmer over the fire for twenty minutes ; then pour off the water, and replace it by a pint of milk ; add half a teaspoonful of salt, and simmer it slowly for ten minutes, taking care the rice does not break. Then pour it into a well-buttered dish, adding three ounces of sugar and a grate of nutmeg ; let it cool a few minutes ; then you may stir into it three well-beaten eggs, or if eggs be scarce, one will be sufficient, or the pudding will be very good without any. Bake it for an hour, and serve with sifted sugar over it.

1175. *Rich Rice Pudding.*

Boil six ounces of rice in water, with half a teaspoonful of salt, for twenty minutes ; drain it ; beat up separately the yolks and whites of four eggs, with a quarter of a pint of cream, two ounces of clarified butter, six ounces of clean dried currants, two spoonfuls of brandy, a drachm of grated nutmeg, and as much grated lemon-peel. Stir all this into the rice ; pour it into a buttered dish ; bake for an hour, and serve with sifted sugar over it.

1176. *Very good Rice Pudding.*

Put six ounces of rice over the fire in a quart of water, and simmer gently for twenty minutes ; then drain it, and put on again with a pint of cream and a saltspoon of salt ; rub off the outer rind of a small lemon ; upon four ounces of sugar broken into pieces, add two ounces of butter broken into pieces ; stir into the rice six ounces of currants, and the yolks of eight eggs well beaten ; pour it into a buttered dish ; bake an hour, and serve with sifted sugar over, and with good sauce.

1177. *George Pudding.*

Simmer four ounces of rice in milk till tender, but not broken ; drain it ; then put into a stewpan twelve middle-sized apples, cut in quarters, a dessertspoonful of grated lemon-peel, and four ounces of sugar, and stew gently to pulp. Stir this into the rice, with two ounces of candied citron shred thin, the well-beaten yolks of five eggs, and a glass of sherry. Butter a mould ; then whisk the whites of the eggs to a froth, and mix with the rest, pouring it immediately into the mould, and putting it in the oven. Bake three-quarters of an hour ; then turn it out, and serve it with a good custard poured round.

1178. *Dutch Rice Pudding.*

Pour warm water over four ounces of rice, and let it stand for half an hour ; then drain it, and put on the fire, with half a pint of milk, a small stick of cinnamon, and a quarter of an ounce of salt. Simmer gently for twenty minutes, then pour out, and let it stand till cold. Melt in a quarter of a pint of cream two ounces of butter and three ounces of sugar, and add to it over the fire a teaspoonful of grated lemon-peel, and half a nutmeg grated. Take this off to cool ; then mix with the rice ; stir in four well-beaten eggs ; pour into a buttered mould, and bake in a quick oven for an hour. Turn out upon a hot dish, and serve with wine sauce or custard.

1179. *Ground Rice Pudding.*

Mix four ounces of ground rice by degrees, smoothly, with a quarter of a pint of milk ; have a pint of boiling milk on the

fire, and pour them together, constantly stirring the whole over the fire for a quarter of an hour, and adding as you stir it three ounces of sugar and half a teaspoonful of grated lemon. Pour it out to cool for a few minutes ; then beat well, and add to it from two to four eggs, as you choose, and bake immediately for half an hour.

This is a cheap and good pudding.

1180. *An excellent Ground Rice Pudding.*

Mix very smoothly four ounces of ground rice with a quarter of a pint of cream ; then stir it into a pint of warm milk, and set it over the fire, with four ounces of sugar, three ounces of butter, a drachm of salt, and a stick of cinnamon. Stir it round for ten minutes. Cool it, and take out the cinnamon ; beat up the yolks of six and whites of two eggs, with a glass of sherry, and stir into the pudding. Pour it into a buttered dish, and bake for twenty minutes ; take it out, and cover with the icing (No. 1128), and return quickly to the oven for ten minutes more. Then serve with wine sauce or custard.

1181. *Sago Pudding.*

Sago, which is a sort of starch made up in small round balls, is produced by one of the palms of India. It is light, nutritious, and cheap, and is largely used for puddings as well as in soups. Put three ounces of sago into cold water, and let it lie an hour ; then pour off the water ; have a pint of milk boiling over the fire, and stir in the sago by degrees, with a small stick of cinnamon, two ounces of sugar, half a teaspoonful of grated lemon, and an ounce of butter. Simmer all for ten minutes ; pour it into a buttered dish, and continue to stir it till cool ; then stir in two well-beaten eggs, and bake immediately for an hour.

1182. *Semolina Pudding.*

Semolina, which is in fact only a manufacture of wheat flour, removing part of the starch, into small round grains, is especially suitable to some stomachs. Soak three ounces of the grains in cold milk for half an hour ; then pour off the milk, and stir the semolina gradually into a pint and a half of boiling milk for about ten minutes ; then add four ounces of pounded

sugar, two ounces of butter, half a teaspoonful of grated lemon-peel. Continue to stir five minutes longer ; then beat up well five eggs, and stir in. Have ready a well-buttered dish, or small cups, and pour in. Bake three-quarters of an hour if in the dish, or half an hour only for small puddings, which should be turned out of the cups, and served with good sauce round. If baked in a dish, sift pounded sugar over it.

1183. *Tapioca Pudding.*

Tapioca is made from the root of a tree of South America. It makes a delicate pudding. Stir three tablespoonfuls of tapioca into boiling milk ; continue to stir it for twenty minutes, adding two ounces of loaf-sugar. Put it out into a basin, and while cooling, stir in an ounce of butter, and when cold add three well-beaten eggs. Pour it into a buttered dish, and bake for an hour. Serve with wine sauce.

1184. *Arrowroot Pudding.*

Mix two ounces of West Indian arrowroot into a smooth paste ; boil a pint of milk with a small stick of cinnamon and two ounces of sugar ; strain it, and pour it hot over the arrowroot, stirring it till it is perfectly blended and cool ; then add three well-beaten eggs ; pour it into a buttered dish, and bake immediately for three-quarters of an hour. Sift sugar over it, and serve with custard or preserved fruit.

1185. *Vermicelli Pudding.*

Boil in a quart of milk the rind of half a lemon, a stick of cinnamon, and four ounces of sugar, for a quarter of an hour. Strain the milk, and set it again on the fire, adding four ounces of vermicelli ; stir it, and let it boil twenty minutes ; then pour it out, and stir in two ounces of butter and two teaspoonfuls of cream. Beat up the yolks of six, the whites of three eggs, and mix quickly ; pour immediately into a buttered dish ; bake in a slow oven three-quarters of an hour, sift sugar over it, and serve hot with any good pudding sauce.

1186. *Macaroni Pudding.*

Simmer three ounces of good Naples macaroni in a pint of milk, with a drachm of salt, for twenty minutes till tender, but

not broken ; turn it out to cool ; stir in two ounces of pounded sugar, one ounce of butter, and three eggs well beaten. Butter a mould, pour it in, bake for three-quarters of an hour ; turn out, and serve with wine sauce.

1187. *Rich Macaroni Pudding.*

Simmer three ounces of macaroni in a pint of milk with one stick of cinnamon and three or four bitter almonds, for twenty minutes ; then take out the cinnamon and almonds, pour into a bowl, and stir in three ounces of powdered sugar, three ounces of butter, half a pint of cream. Beat all well, and add four well-beaten eggs. Put at the bottom of a buttered mould a layer of orange marmalade ; pour in the pudding ; bake it for an hour ; turn it out, sift sugar over it, and serve. It is very good cold.

1188. *Prepared Barley Pudding.*

In cases where barley-meal is expressly ordered for an invalid, a barley pudding may be rendered very excellent by careful preparation. Mix three tablespoonfuls of prepared barley with as much cold milk as will make it a paste ; then pour over it three half-pints of boiling milk, and add an ounce of butter and three ounces of sugar, stirring it round till all be quite smooth. Let it stand to cool ; then stir in four well-beaten eggs, and grate in a little nutmeg. Bake in a buttered dish for an hour and a half.

1189. *Potato Pudding.*

Boil a pound of good potatoes, peel, and with a fork beat them into flour, without pressure, mixing with them three ounces of butter, four ounces of powdered sugar, half a saltspoon of salt, and a whole saltspoon of grated lemon-peel. When cool, add five or six well-beaten eggs. Pour it into a buttered mould or dish ; bake it for three-quarters of an hour ; turn it out on a hot dish, and serve with sugar sifted over it, and jam round the dish.

1190. *Apple Pudding.*

Butter a dish, and cover the bottom with bread-crumbs ; over this slice a layer of apples with a little grated lemon-peel

and a tablespoonful of sugar ; then crumbs and apples alternately till the dish be filled, finishing with a thick layer of crumbs ; pour over this four well-beaten eggs ; beat up with half a pint of cream ; bake immediately for three-quarters of an hour ; turn out upon a hot dish ; sift over the pudding fine sugar, and serve it with a good sweet sauce.

1191. *A Custard Apple Pudding.*

Pare and quarter six good-sized apples ; put them into a stewpan with the rind of half a lemon, two tablespoonfuls of water, and four ounces of sugar ; let them simmer, and stir continually till the whole be reduced to jam ; then pour into a bowl, take out the lemon-peel, and stir in three ounces of butter, a tablespoonful of lemon-juice, and when cool add the yolks of five eggs. Bake in a buttered mould for half an hour, turn it out, brush it over quickly with white of egg, cover thickly with fine sifted sugar, and return to the oven five minutes for the icing to harden. Serve hot or cold.

1192. *Chartrouse of Apples.*

Boil half a pound of Carolina rice in a quart of milk, with four ounces of sugar, till tender. Pare seven good-sized apples, and take out the cores without opening them through. Put into each apple a spoonful of raspberry jam, and fill up with cream. Arrange them in a deep dish, and pour the rice round, but not over them, making the whole smooth ; cover the top with beaten white of egg, and sift sugar entirely over it. Bake for forty minutes. This is a good and wholesome pudding.

1193. *Ripe Gooseberry Pudding.*

Fill a jar nearly with ripe gooseberries, and put the jar into a pan of boiling water over the fire, stewing them till the juice flows out. Pour off a pint of the juice, and stir into it four ounces of sugar, two ounces of butter, and four ounces of Naples biscuits bruised. Beat separately the yolks and whites of three eggs, and strain ; stir in when the juice is cold, the yolks first, then the whites, and bake for half an hour. Serve hot or cold, with sugar sifted over.

1194. *Raspberry Pudding.*

Put into a tart-dish a pint and a half of fresh raspberries, or raspberries and red currants mixed, and stir in ten ounces of sugar. Beat the yolks of six eggs and the whites of four very well, and mix with half a pint of good milk or cream, and two ounces of sifted sugar. Whisk up to a froth, and pour over the fruit the moment before you put it into the oven. Bake half an hour, and serve only when cold, with sifted sugar over.

1195. *Black Currant Pudding.*

Put into a tart-dish a pint and a half of black currants and four ounces of sugar. Simmer four ounces of rice in as much milk as will cover it, with two ounces of sugar, for a quarter of an hour; turn it out to cool, and stir in an ounce of butter. When quite cool, beat up three eggs with three tablespoonfuls of cream, and mix with the rice. Pour all over the fruit, and bake immediately for an hour.

1196. *Apricot Pudding.*

Take off the skins, halve, and remove the stones of a dozen large apricots. Stew them for ten minutes in a quarter of a pint of sherry; then take off to cool, and beat them smooth, with four ounces of sifted sugar, and half the kernels pounded in a mortar. Pour a pint of boiling cream over four ounces of Naples biscuits, and when cool beat up with the apricots and the yolks of four eggs well beat. Pour into a buttered mould, and bake immediately for half an hour. Turn it out, and serve cold, with almond custard round it.

1197. *Lemon Pudding.*

Take off the thin rind of two small lemons, and boil it till soft in a pint and a half of cream or new milk. Pound the peel with four ounces of butter to a paste, and pour the milk over four ounces of Naples biscuit. Stir both together, and when cool add four ounces of sifted sugar, the juice of one lemon, and the yolks of six eggs well beat. Sometimes for ornament, shavings of candied citron are strewed over the top,

but many like the pudding better without it. Bake in a brisk oven three-quarters of an hour, and serve hot or cold.

This and the preceding are most delicate puddings.

1198. *Almond Puddings.*

Beat six ounces of almonds in a mortar, with three ounces of butter, four ounces of sugar, and a teaspoonful of grated lemon-peel; then mix the paste into two tablespoonfuls of cream; beat up with the yolks of six eggs. Butter small cups; pour in the mixture; bake for half an hour; turn out and serve with custard or whipped cream.

1199. *Carrot Pudding.*

Boil carrots till quite soft, and beat half a pound in a mortar, with six ounces of butter and three ounces of sugar. Pour half a pint of boiling cream or milk over four ounces of Naples biscuits or bread-crumbs; mix all together, and add two beaten eggs. Bake three-quarters of an hour, and serve with sifted sugar over.

1200. *Tansy Pudding.*

The tansy pudding, one of the delicacies of the hospitable board of olden times, is still occasionally served in some old families. It has a pretty appearance on the table, and is very agreeable to those who like the peculiar flavour of the tansy. Pound a quarter of a pound of blanched almonds, with a spoonful of rose-water, and mix with a pint of boiling cream or milk. Pour this over four ounces of bread-crumbs, and beat into it an ounce of butter. Let it stand to cool; then beat in three ounces of sugar, the juice of a small lemon, and a glass of brandy. Pound in a mortar as much tansy, mixed with one-fourth of spinach-leaves, as will produce two tablespoonfuls of juice. Stir this juice thoroughly into the pudding, adding five well-beaten eggs. Pour it into a dish the edge of which is lined with puff-paste, and bake three-quarters of an hour. It must be served hot from the oven.

1201. *Marmalade Pudding.*

Take two tablespoonfuls of orange marmalade, one ounce of sugar, and three ounces of clarified butter. Beat all well

together ; then add the well-beat yolks of five and the whites of two eggs. Pour into a buttered dish, and place it in the oven immediately. Bake for three-quarters of an hour. It may be served hot or cold.

1202. *Cocoa-nut Pudding.*

Grate the whole of a good-sized cocoa-nut. Beat into four ounces of butter the same quantity of sifted sugar ; add the cocoa-nut, still beating all quite smooth. Then stir in a pint of cream. Beat six eggs very well, and add ; pour it into a buttered dish, and bake immediately for three-quarters of an hour. Sift sugar over it, and serve hot or cold.

1203. *Chocolate Pudding.*

Scrape very fine two ounces of prepared chocolate, and add to it half a teaspoonful of powdered cinnamon. Put it into a chocolate-pan, pouring over it a quart of new milk, stirring it till it boils, and adding by degrees four ounces of sugar, milling the chocolate till it is smooth and light. Then pour it out to cool. Beat eight eggs to a froth ; mix them with the chocolate ; pour into a buttered dish, and bake three-quarters of an hour. Serve it cold, with sifted sugar over it.

1204. *Apple Charlotte Russe.*

Stew apples with an equal quantity of sugar and a little grated lemon into a jam. Then butter a baking-dish or plain mould ; cut very thin slices of bread ; dip them into clarified butter, and line the dish closely and neatly. Then fill the dish with the jam, and cover with slices of bread, dipped as before in butter. Cover with a plate or lid, and place a weight upon it to keep the bread close upon the apples, and bake in a brisk oven for an hour. Turn it out, sift sugar over it, and serve it hot.

1205. *Golden Pudding.*

Melt six ounces of butter, and mix with the same weight of finely-sifted sugar. Pound in a mortar to a paste three ounce of candied orange, and stir into the butter and sugar. Beat up well the yolks of eight eggs, and add ; pour the whole into

a buttered dish with the edge lined with puff paste, and bake three-quarters of an hour. Serve hot or cold.

1206. *Transparent Pudding.*

Beat eight eggs very well ; put them into a stewpan with half a pound of fine-powdered sugar, half a pound of fresh butter, the grated outer rind of one lemon, and the juice of three. Stir it over the fire till it thickens, then pour it into a basin to cool. Line the edge of a buttered pudding-dish with thin puff-paste, pour in the pudding, and bake for three-quarters of an hour in a moderate oven. It is a clear, light pudding, very good cold or hot.

1207. *Bakewell Pudding.*

This pudding is much celebrated in the north of England. At the bottom of the baking-dish put a thick layer, one inch deep, of any or of several good jams. Beat up well the yolks of five eggs and the whites of one, with half a pound of sifted sugar ; by degrees add four ounces of clarified butter and half an ounce of powdered almonds. Beat all together till well mixed ; then pour the custard over the jam, and bake immediately for three-quarters of an hour in a moderate oven, and serve hot. If wanted to eat cold, make in small patty-pans lined with puff-paste.

1208. *Bath Pudding.*

Boil four ounces of ground rice in a pint of cream for twenty minutes and pour it out to cool. Beat up well the yolks of six eggs and the whites of two, with six ounces of sifted sugar, four ounces of clarified butter, thirty almonds blanchéd and pounded, and one tablespoonful of brandy ; mix well with the rice, and bake it in a buttered dish for half an hour.

1209. *Mincemeat Pudding.*

Cut thin slices of bread, and dip in clarified butter. Put a layer at the bottom of a baking-dish, covering it with mincemeat ; fill up the dish with alternate bread and mincemeat ; then pour over half a pint of boiling milk. Beat up three eggs

well, and mix with a quarter of a pint of cream and three ounces of sugar, and pour over the pudding. Let it stand half an hour, then bake it for an hour in a moderate oven. Serve hot, with brandy sauce.

1210. *Ratafia Pudding.*

Pour a quarter of a pint of sherry over four ounces of sponge biscuits, and leave it till it is all soaked up; then lay them at the bottom of a buttered dish, and cover with apricot jam. Beat up the yolks of four eggs and the white of one, with two ounces of sifted sugar, three-quarters of a pint of milk, and two ounces of blanched and pounded almonds. Pour half the custard over the cakes, and let it stand a quarter of an hour; then cover the top with ratafia cakes, pour the remainder over, and bake immediately for half an hour. This is a delicious pudding for a festive occasion.

1211. *Albion Pudding.*

Blanch and pound to a paste four ounces of almonds. Mix eight ounces of sifted sugar with six well-beaten eggs, and a quarter of a small nutmeg, grated. Stir them over the fire till hot, but do not let them boil. Pour out to cool; then stir in the almonds, and beat the whole to a froth; pour into a buttered dish, and bake immediately for half an hour.

1212. *Yeomanry Pudding.*

Beat up three ounces of sifted sugar with three ounces of clarified butter; then add the yolks of four eggs, well beaten, and the whites of two. Line the edge of a dish with puff-paste, put at the bottom a layer of strawberry jam, pour the custard over, and bake for half an hour. Sift sugar over, and serve.

1213. *Sponge-Cake Pudding.*

Take three or four stale sponge biscuits, or as much stale sponge cake, and lay at the bottom of a well-buttered dish. Beat well six eggs, and stir into them by degrees a pint and a half of boiling milk, three ounces of sugar, and a dessertspoonful of grated lemon-peel; then add a tablespoonful of brandy,

pour the mixture over the cake, and let the pudding stand an hour. Then pour a little clarified butter over the top, cover it with sifted sugar, and bake three-quarters of an hour.

1214. *Economist's Pudding.*

This well-known pudding is merely a *rifacciamento* of the remains of a cold boiled plum pudding. Cut the pudding in slices about half an inch thick, and fill a buttered dish about three parts. Make a custard of two eggs, half a pint of milk, and two ounces of sugar; beat it well, pour it over the pudding, and let it stand an hour before you put it in the oven. Bake it three-quarters of an hour, and serve it hot, with sifted sugar over, and any good sauce.

1215. *Cherry Pudding.*

Line the edge of a buttered dish with puff-paste, and cover the bottom with preserved or dried cherries, without the stones; strew over them two teaspoonfuls of sifted sugar and one of grated lemon-rind; then thin slices of bread, buttered, and alternately layers of fruit and bread till the dish is nearly full, finishing with the bread with sifted sugar thick over it. Beat seven eggs well; add a tablespoonful of cream, and two tablespoonfuls of brandy. Pour all over, and bake immediately for an hour. Serve hot.

1216. *Victoria Pudding.*

Beat into four ounces of clarified butter, four ounces of sifted sugar, six pounded almonds, and one tablespoonful of flour; when quite smooth, add to it the well-beaten yolks of five eggs and the whites of three; pour this over a thick layer of apricot or magnum bonum jam at the bottom of a buttered dish. Bake for an hour; then pour the whites of the two eggs beat up with sifted sugar over the pudding, and harden the top by setting it for a few minutes in a Dutch oven before the fire, or using a salamander.

1217. *Cheltenham Pudding.*

Chop very fine half a pound of beef suet and mix it thoroughly with three-quarters of a pound of fine flour, three

ounces of powdered sugar, six ounces of currants, and half a saltspoon of salt. Beat up two eggs well, and mix with half a pint of milk ; then stir them by degrees into the pudding till it becomes a stiff smooth batter. Pour into a buttered dish and bake an hour and a half. This pudding may be served with sauce of any kind approved.

1218. *Chester Pudding.*

Put into a stewpan two ounces of butter and four ounces of powdered sugar, with twelve bitter and twelve sweet almonds, pounded to a paste, the grated rind of a lemon, and the juice, and lastly the yolks of four eggs well beaten. Stir the whole over a slow fire for ten minutes ; then put into a buttered dish, and bake for half an hour. Take it out, and put over it the whites of the eggs whisked to a froth, and put back into the oven for five minutes to stiffen.

1219. *A Plain Pudding.*

Mix two ounces of finely-shred suet with four ounces of bread-crumbs, two tablespoonfuls of sugar, and a pint of milk. Stir in one egg well beat, and bake three-quarters of an hour. Serve with sifted sugar over it.

1220. *Eugénie Puddings.*

The weight of four eggs in butter, the same in powdered sugar, and six ounces of flour. Beat the butter to a cream ; add the yolks of the eggs, well beaten ; then the sugar and the flour lastly, beating the whole thoroughly. Butter small cups and half fill them. Bake them twenty minutes in a brisk oven ; turn out, and serve with cinnamon sauce.

1221. *Ravensworth Puddings.*

Beat up the yolks of four eggs and the whites of two, with half a pint of cream, four ounces of powdered sugar, half a nutmeg grated, the pulp of three large stewed apples, two ounces of clarified butter, and four ounces of bread-crumbs. Beat thoroughly, half fill buttered cups, strewed over with a few bread-crumbs. Bake for twenty minutes ; turn them out on a hot dish, and serve with Victoria sauce round them.

1222. *Macaroon Puddings.*

Pour one pint of boiling cream over half a pound of macaroons, and when cold, bruise them smooth with the back of a spoon ; add the beaten yolks and whites separately of four eggs, two ounces of sifted sugar, and a glass of brandy. Put into small cups and bake fifteen minutes.

1223. *German Puddings.*

Melt two ounces of butter in half a pint of cream, and let it stand till cool ; then beat into it two ounces of flour, two ounces of powdered sugar, the yolks of four and the whites of two eggs, and a tablespoonful of orange-flower water. Mix all well, pour into small buttered cups ; bake for half an hour ; turn them out, sift sugar over them, and serve immediately with wine sauce.

1224. *Lowther Puddings.*

To half a pint of cold water add a quarter of a pint of sherry or Madeira, two ounces of sifted sugar, the grated rind of a lemon, and a dessertspoonful of the juice. Put these into a pan over the fire, with four ounces of butter till it is dissolved. Then let it cool, and stir in gradually four ounces of flour till well mixed ; add three well-beaten eggs ; shake all over the fire two or three minutes ; then pour the batter into buttered cups and bake half an hour. Turn out, and serve with wine sauce.

1225. *Wafer Puddings.*

Beat up two tablespoonfuls of flour, with two ounces of clarified butter, two tablespoonfuls of cream, and the yolks of four eggs well beat. Pour into patty-pans, whisk the whites of the eggs to a solid froth, and cover the puddings. Sift sugar thickly over them and bake for fifteen minutes. Turn them out of the pans, and serve piled on a napkin.

1226. *Eve's Puddings.*

Weigh four eggs in the shell and take the same weight of fine flour, fresh butter, and sifted sugar. Beat the butter to a cream ; then beat in the flour, and afterwards the sugar, with six pounded

almonds, and the grated peel of half a lemon. Beat the yolks and whites of the eggs, separately and very much, and add the yolks first; then the whites, beating up the batter the whole time. Butter small cups and fill them half; let them stand five minutes before the fire to rise; then bake them half an hour; turn them out, and serve with wine sauce.

1227. *Adelaide Puddings.*

Beat the yolks of eight eggs and the whites of two; mix with them six ounces of sifted sugar and half a pint of cream; beat the whole thoroughly; then butter small cups, lay apricot jam or orange marmalade at the bottom, and half fill the cups with the custard. Bake for twenty minutes, then turn out and serve hot; or let them cool in the cups, and turn out to eat cold.

1228. *Plain Light Puddings.*

Beat four eggs very well, with three tablespoonfuls of flour; warm a pint of milk, with one ounce of butter, and mix all well together; half fill buttered cups, and bake twenty minutes. These puddings should be served with a good sauce.

1229. *American Corn Puddings.*

Boil a quart of milk, and stir into it gradually eight tablespoonfuls of good Indian flour, four tablespoonfuls of powdered sugar, and half a nutmeg, grated; stir it over the fire for a quarter of an hour, then turn it out to cool. Beat eight eggs very well, and stir into the batter when cold. Butter your cups, and fill them three parts; bake half an hour, and turn out. Half the quantity of batter would be sufficient for a small party. In America these puddings are eaten with butter and molasses. We would recommend port or claret sauce to be served with them.

1230. *Manchester Puddings.*

Boil in a pint of new milk three ounces of bread-crumbs, the grated rind of a lemon, and three ounces of powdered sugar; pour it out to cool, and stir in three ounces of butter, and, when quite cold, four well-beaten eggs. Put a layer of

jam at the bottom of buttered cups, and fill them up three parts. Bake for thirty-five minutes, turn them out, and serve with cinnamon sauce.

1230*. *Castle Puddings.*

The castle puddings, so popular under various names, are made much in the same way as a sponge cake, which they resemble in taste, of equal weights of unbroken eggs, flour, butter, and sugar. The eggs beaten very light, the butter melted, but not oiled, the flour and sugar fine and dry. The sugar must be added gradually to the eggs, as they are beaten, followed by the flour, added in the same way, with the addition of a teaspoonful of finely-grated lemon-rind, and a very little salt; lastly, the liquid butter must be carefully blended with the other materials, and the mixture immediately poured into the buttered cups, and baked in a moderate oven for twenty minutes, turned out, and served without delay, with wine sauce round them. These puddings should be begun and completed at once; if the mixture is allowed to stand, the puddings are a failure.

1231. *College Puddings.*

Mix with eight ounces of fine bread-crumbs six ounces of dry currants, six ounces of finely-shred suet, six ounces of sifted sugar, half an ounce of candied-peel, chopped, half an ounce of citron, pounded, a quarter of an ounce of grated nutmeg, three eggs, well beaten, the yolks and whites separately, and a glass of brandy. When well mixed, mould the puddings into oval forms, about the size of a turkey's egg; fry them gently in a great deal of boiling butter, at a considerable distance from the fire, to a light brown. They should be fried for twenty or thirty minutes. Serve them piled on a napkin, with claret or brandy sauce.

1232. *Cake Puddings.*

Beat the whites of two eggs and the yolks of four, very well; then beat into them six ounces of fine-sifted sugar, four ounces of flour, well dried, and the grated peel of half a lemon. Mix very well, then fill buttered cups about half, and bake quickly for twenty minutes. Turn them out, and put a teaspoonful of jam or marmalade on each pudding. Serve immediately.

1233. *Soufflés.*

A *soufflé* is the lightest of puddings, the pride of a skilful cook, who, rather than have her *soufflé* fall before it is seen on the table, will hold the salamander over it, even to the door of the dining-room. The *soufflé* may be varied in composition, but the principal ingredients must be eggs, the whites of which are whisked to a solid froth ; no salt must be used, and the *soufflé* baked before the egg can fall, and served straight from the oven. It is then pretty in appearance, and light and agreeable to the taste.

Soufflés and *fondus* are usually handed round or served after the removes of the second course, and are indispensable at a great dinner.

1234. *A Plain Sweet Soufflé.*

Mix four ounces of flour or ground rice into a smooth batter with a quarter of a pint of milk ; put it into a saucepan, and add by degrees another pint of milk, stirring it over the fire for ten minutes ; then add two ounces of sifted sugar, the grated rind of half a lemon ; stir for three minutes, then pour it out, and beat in by degrees the beaten yolks of six eggs. Whisk the whites of the eggs into a solid froth, butter the *soufflé*-pan, then stir in the whites ; pour the *soufflé* into the pan, and bake for half an hour in a moderate oven. Serve immediately it is taken from the oven, before it falls, or the delicacy will be lost.

1235. *Soufflé of Rice.*

Cover six ounces of ground rice with cream ; add three ounces of sifted sugar ; put it over the fire, and allow the rice to swell gently for a quarter of an hour ; then take it from the fire, cool it, and add the grated rind of a small lemon, half a tablespoonful of orange-flower water, and beat in, by degrees, the yolks of six eggs. Make ready the *soufflé*-pan, which should be deep enough to allow it to rise, and just before you pour it in, add the whites of the eggs, beaten to a solid froth. Bake for half an hour, and serve immediately.

1236. *Soufflé of Macaroons.*

Pour over six macaroons a quarter of a pint of boiling cream and half a glass of brandy, with four ounces of sifted sugar; when cool, add the yolks of six eggs beaten smooth, and an ounce of butter; have ready the whites of the eggs beaten to froth, and when you pour the mixture into the *soufflé*-pan, add them and bake twenty minutes. Serve immediately.

1237. *Soufflé of Potatoes.*

Roast large potatoes, and when quite done scoop out the floury part, and add four ounces to half a pint of boiled cream, a dessertspoonful of grated lemon, and two ounces of sifted sugar. Beat up the yolks of four eggs with an ounce of butter, and mix; then pour into a buttered *soufflé*-pan; add the thoroughly beaten whites of six eggs, and bake immediately for half an hour.

1238. *Soufflé à la Vanille.*

Break up four stale sponge-biscuits with a spoonful of hot cream and two ounces of sifted sugar. Pound half a pod of vanilla with an ounce of sugar; sift through a silk tamis, and beat up with the yolks of six eggs very well. Stir up with the biscuit; add the whites of the eggs whisked to froth, and bake immediately for twenty minutes.

1239. *Soufflé au Marasquin.*

Break up six ratafia cakes with six ounces of sifted sugar; add to them the yolks of six eggs well beaten; stir all well together; then add a glass of Maraschino, and lastly the whites of the eggs whipped to froth. Bake immediately fifteen or twenty minutes. This is one of the most approved *soufflés*.

1240. *Soufflé of Apples.*

Peel and quarter six large apples, and put into a stewpan with an equal weight of sugar and a spoonful of sherry. Stew to a pulp; then turn out to cool. Mould it into a pyramid on a dish; beat up to a froth the whites of four eggs; then beat in

two ounces of finely-sifted sugar and a teaspoonful of finely-grated lemon-peel ; pour this over the apple ; strew another ounce of sugar over, and bake immediately for ten minutes. Serve hot.

1241. *Baba.*

Rub one pound of butter into a pound of flour ; strew into it one pound of fine stoned raisins, half a pound of currants, four ounces of finely-sifted sugar, and half a teaspoonful of salt. Make a hollow in the middle, and put in a tablespoonful of yeast and eight eggs beaten to froth ; boil a drachm of saffron in a quarter of a pint of water ; strain it ; add to the liquor one glass of Madeira, and stir all into the dough. Beat all for half an hour. Cover and leave it for six hours ; then beat again for a quarter of an hour ; fill a buttered mould, and bake immediately for half an hour ; then turn out.



SWEET OMELETTES, FRITTERS, PANCAKES, &c.

All sweet dishes that are fried, require exceeding care in cooking, that they may be served light, crisp, free from fat, and directly they are ready ; but being quickly prepared, and usually approved, they are useful removes or *entremets*. We would especially impress on all cooks the necessity of the eggs being perfectly fresh, very well beaten, the yolks and whites separately, and used in accordance with the directions. Too many eggs, as well as too few, will effectually spoil a composition. The omelette-pan must be kept scrupulously clean, and free from damp, and should be properly heated before the butter for frying is put in. An omelette must never be turned in the pan.

1242. *A Good Sweet Omelette.*

Beat up very well the yolks of six eggs, with three ounces of sugar and a teaspoonful of grated lemon-peel. Whisk the whites of the eggs to a stiff froth. Have your omelette-pan quite hot ; put in three ounces of butter, and when it is melted,

mix the whites of the eggs with the rest, and pour into the pan, shaking it round till the under side is lightly browned ; then sift sugar over the upper side, turn it into the dish, fold it over, and put it for five minutes into a brisk oven. Serve it immediately, before it can fall.

1243. *A Plain Sweet Omelette.*

Beat the yolks of four eggs, with an ounce of sugar and a tablespoonful of new milk ; beat the whites to froth, separately ; mix as you put them in the pan, stir with a fork till all is set, which will be in eight minutes. When quite firm and risen, slide the omelette upon a hot dish, sift sugar over, fold, and serve immediately.

1244. *Omelette aux Confitures.*

Beat up the yolks of six eggs, with a tablespoonful of cream, two ounces of sugar, and two spoonfuls of clear apricot jam or strawberry jelly. Beat the whites to a stiff froth, and mix well before you pour into the pan. Fry about eight minutes, slide into a dish, sift sugar over, and serve immediately. It may be served with rum poured over, and set on fire ; then named *Omelette au Rhum*.

1245. *Omelette à la Vanille.*

Pound half a pod of vanille, with two ounces of sugar, till smooth ; then sift it through a silk tamis. Beat up the yolks of six eggs, with four ounces of sifted sugar and a dessert-spoonful of grated lemon, very well ; stir in the vanille. Pour into the omelette-pan, as soon as you have mixed the frothed whites of the eggs with the rest, and stir it till it begins to set ; then slide it into a dish, strew sugar over it, fold it, and put into the oven five minutes to rise. Then serve immediately.

1246. *Pancakes and Fritters.*

The batter for pancakes or fritters should be made by first beating the eggs,—yolks and whites separately, according to the directions below.

Break the eggs into a shallow earthen bowl, and beat with

a wooden beater, or, for the whites, a whisk. Keep the elbow close to the side, and move only the hand and wrist, by which you will avoid unnecessary fatigue. Let the stroke be short, quick, and horizontal, and never rest till the eggs begin to foam; then continue till the yolks are smooth, and thick as boiled custard. The whites should be beat till the froth is so solid that it will not adhere to the whisk.

When your eggs are thus beaten, add the proportion of six eggs to a pint of milk, and gradually stir in six tablespoonfuls of flour, beating it to the moment of pouring it into the frying-pan.

1247. *Plain Pancakes.*

Beat up very well, the yolks and whites separately, three eggs, and add to the yolks half a pint of milk; then beat in three tablespoonfuls of flour, till the batter be quite smooth, adding by degrees the well-beaten whites of the eggs. Have ready an omelette-pan, or small frying-pan, clean and hot; throw into it two ounces of butter or pure fresh lard, and as soon as it boils over the fire, run it quite over the pan, and pour in as much of the batter as will spread as thin as possible over the pan. In two or three minutes one side will be browned. It is usually turned by giving the pan a jerk and throwing up the pancake, which is caught as it falls; but it may be turned with more safety with a broad slice. When nicely browned, keep each hot till as many as are needed are done; then sift sugar over them, roll, and dish in a star form, or pile one on another. Serve with sugar and lemon-juice, or cream.

1248. *Good Pancakes.*

Beat up the yolks of six eggs, with a pint of milk, half a teaspoonful of salt, a tablespoonful of orange-flower water, and a glass of brandy; then add, by degrees, a pound of flour, beating till quite smooth, and pouring in as you beat the well-beaten whites of the eggs. Rub the frying-pan well with butter, and when thoroughly heated, pour in a thin covering of batter; let it brown, then loosen the edges, and turn without breaking. Let the other side brown, then roll the pancake, and keep hot; and when sufficient are done to fill the dish, serve with sugar and lemon.

1249. *Pancakes à la Crème.*

Beat eight yolks and four whites of eggs separately, and strain them into a pint of cream. Pound a quarter of an ounce of cinnamon and a teaspoonful of grated lemon with three ounces of sugar; mix these with two ounces of clarified butter, beat all together, and add two ounces of flour. When the batter is beaten quite smooth, pour into a small hot pan, rubbed with butter, thin pancakes, one after another, quickly, till all be done. No butter will be required after the first pancake. Serve quickly.

1250. *Apple Pancakes.*

Beat very well six eggs into a pint of new milk, with half a teaspoonful of salt, a teaspoonful of grated lemon-peel, and four ounces of sifted sugar; then beat in, by degrees, a pound of flour. Slice apples as thin as possible with a silver knife. Have your frying-pan hot and buttered; pour in a thin coat of batter, scatter the slices of apple over it, and immediately pour over a second thin coating of batter. As soon as the under side of the pancake is browned, slide it out on a dish, and brown the upper side with a salamander, while the next is frying. Strew sifted sugar over them, and fold in three.

1251. *Pancakes of Rice.*

Cover half a pound of rice with milk, and boil it gently till it is reduced to a pulp; then turn it out to cool. When cool, have ready eight eggs well beaten, with a pint of cream, a quarter of a teaspoonful of salt, and half a teaspoonful of powdered cinnamon. Stir in the rice, and beat well; then add three ounces of clarified butter, and when the batter is perfectly smooth, rub a hot pan with butter, and fry your pancakes quickly; strew sugar over each, and serve with marmalade round the dish. This batter will make pancakes for a large party.

1252. *Coloured Pancakes.*

Make a batter of five eggs, half a pint of milk, two tablespoonfuls of flour, two of powdered sugar, and a quarter of a nutmeg, grated. Pound in a mortar a middle-sized beet-root

to pulp, and beat it into the batter. Fry quickly, roll them, and serve with orange marmalade or greengage jam round them.

If you wish the pancakes green, rather than red, use the pulp of a little spinach and tansy, pounded. The green pancakes should be garnished with plums or cherries, preserved.

1253. *Currant Pancakes.*

Rasp off the outer peel of a lemon on three ounces of sugar, and pound it. Make the batter of eight eggs, a pint of cream, two ounces of clarified butter, a quarter of a teaspoonful of salt, the powdered sugar, and three quarters of a pound of fine flour; beat into a smooth batter, pour a little into the pan, and immediately strew some currants over. Fry quickly, and serve with powdered sugar strewed over, and with cream.

1254. *Batter for Fritters.*

A good plain batter for fritters may be cheaply and quickly made. Add to three well-beaten eggs three tablespoonfuls of milk, and beat in by degrees three tablespoonfuls of flour and a quarter of a teaspoonful of salt; then gradually thin it with two more tablespoonfuls of milk. Have your frying-pan well heated, and a little boiling butter or lard in it, and drop a good-sized wooden spoonful of the batter at a time into the pan, keeping each fritter apart. When browned on one side, turn them; fry the other side, lift them out, drain them on a napkin. Serve with powdered sugar over them, and an orange or lemon cut in two.

1255. *Very good Batter for Fritters.*

Melt in half a pint of boiling milk three ounces of butter, and then gradually cool it by adding half a pint of cold water. Beat into this by degrees a pound of fine flour, and the whites of four eggs whisked to a stiff froth. This batter is used for fruit fritters, and should be used immediately when beaten.

1256. *Yorkshire Fritters.*

To a pound of flour add four ounces each of powdered sugar and dry currants, a pinch of salt, and half a nutmeg

grated ; then put in two tablespoonfuls of fresh yeast, or an ounce of German yeast, and beat the whole into a thick batter, with a pint of warm milk. Cover the bowl with a napkin, and set it on a warm hearth for half an hour to rise. Then beat six eggs very well, and mix with the batter thoroughly. Drop a large spoonful at a time into boiling lard or butter, and fry on both sides. Serve with powdered sugar.

1257. *Cream Fritters, Beignets à la Crème.*

Beat up the yolks of six eggs, with half a pint of cream, half a teaspoonful of salt, two ounces of sifted sugar, and the grated rind of half a lemon. Bruise half a dozen macaroons, and stir into it, and add the whites of two eggs beaten to a froth. Drop the fritters into a hot pan ; fry on both sides, and serve immediately with powdered sugar over, and wine sauce.

1258. *Bread Fritters.*

Split light round French rolls, and take out the crumb. Soak the crusts for ten minutes in sherry ; supply the place of the crumb with jam or marmalade, and put the two pieces together, as if whole. Dip the roll in the batter, No. 1255. Fry lightly on both sides ; strew powdered sugar over, and serve immediately.

1259. *Potato Fritters.*

Roast some large potatoes, and turn out the floury part ; to eight ounces of this flour add one tablespoonful of cream, one of brandy, an ounce of clarified butter, and beat all up with the yolks of six eggs, two ounces of sugar, and a dessertspoonful of lemon-juice. Continue to beat the batter for half an hour, adding at the last the whites of four eggs whisked to a solid froth. Fry the fritters in plenty of butter or lard ; strew sugar over them, and serve with punch sauce.

1260. *Beignets Soufflés.*

Put into a stewpan a pint of cold water, four ounces of sugar, the grated rind of half a lemon, a tablespoonful of orange-flower water, and stir in by degrees six large tablespoonfuls of flour ; stir it for half an hour ; then pour it out to

cool, and add a spoonful at a time, six well-beaten yolks of eggs. Have the frying-pan hot, with plenty of boiling butter or lard; quickly stir into the batter the whites of the eggs, whisked to solid froth, and drop the batter, a spoonful at a time, into the pan, and fry for a few minutes. Do not turn them, as they will rise like *soufflés*, but strew sugar over, and serve very quickly.

1261. *Rice Fritters.*

Put into a stewpan four ounces of ground rice mixed well with a pint of milk, four ounces of sugar, and a pinch of salt; stir it over the fire half an hour; then pour it out to cool, and stir in a dessertspoonful of grated lemon-peel and three eggs, with two tablespoonfuls of flour. Beat all very smooth. Fry, and serve with powdered sugar.

1262. *Apple Fritters, Beignets de Pommes.*

Pare and core some good-sized apples; cut them in slices, a quarter of an inch thick the full size of the fruit, and steep them in brandy and sugar for half an hour. Then dip them in powdered sugar, and afterwards in the batter, No. 1255, and fry quickly. Powder sugar over them, and serve on a napkin.

Sliced pears, peaches, whole large strawberries, or the stalks of young rhubarb, cut into equal lengths, may be dipped in the batter, soaked in brandy or not, according to taste, and form an agreeable variety of fritters.

1263. *Orange Fritters, Beignets d'Oranges.*

Peel and quarter the oranges by tearing them asunder, leaving the thin skin unbroken that divides the quarters; remove the outer white skin, dip the pieces in sherry, then in powdered sugar, then in the batter; fry quickly, and serve piled on a napkin, with sifted sugar over them.

*GENOISES, TIMBALES, CANNELONS,
MERINGUES.*

1264. *Genoises de Nouilles.*

Beat up the yolks of eight eggs, and mix with as much flour as will form a very stiff paste. Roll the paste as thin as possible, cut it into ribbons, and spread them out on a dish before the fire to dry. These *nouilles* when prepared make delicate fritters or *genoises*. Simmer the *nouilles* in a quart of new milk; add six ounces of butter, six ounces of sugar, a quarter of a teaspoonful of salt, and a dessertspoonful of grated lemon, for three-quarters of an hour, till it becomes a thick paste; pour it out to cool, and beat into it as it cools the well-beaten yolks of eight eggs; when quite cold, mould the whole into a sheet of paste rather more than a quarter of an inch thick, and bake it for twenty minutes on a buttered tin; then take out the tin and spread jam over half the paste; turn the other half over it, and cut it out in fancy forms with cutters. Pile these *genoises* on a napkin, and serve cold.

1265. *Genoises aux Abricots.*

Make a delicate paste of four ounces of flour, four ounces of powdered sugar, two ounces of almonds pounded to paste, with a spoonful of orange-flower water, blended with as much clarified butter and cream as will make a stiff batter. Pour half the batter on the baking-pan, and put it in the oven for ten minutes; then cover with apricot jam without kernels, and pour the remainder of the paste over. Bake ten minutes longer, ice it, and return two minutes to the oven to harden. Take it out, and when cool cut into fancy forms. Serve in baskets, or on a napkin cold.

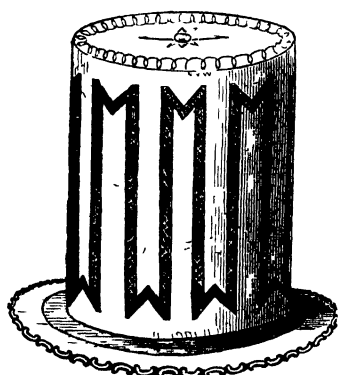
1266. *Timbales de Fraises à la Crème.*

Weigh six eggs and mix an equal weight of flour with half the weight of powdered sugar, a dessertspoonful of lemon-juice; beat up the yolks of the eggs separately; beat them into

the sugar; then beat in the whites of the eggs whisked to a froth. Drop a spoonful at a time on a baking-tin, and hollow it out like a cup. Bake for half an hour in a slow oven; then rasp the timbales to a neat form. Keep them in a dry warm place, and send them to table filled with thick strawberry cream.

1267. *Timbales of Apples in Rice.*

Put four ounces of rice into a stewpan, with a pint of milk, a pinch of salt, and four ounces of sugar, broken into pieces and rubbed well with the rind of a Seville orange. Let it



TIMBALE OF APPLES, ETC.

simmer for half an hour or longer, till the milk is thoroughly absorbed; then pour it out to cool. Make a syrup of four ounces of sugar and the juice of a lemon, and slice into it six apples; stew them to pulp, and then beat in the yolks of four eggs; simmer two or three minutes more, then turn out to cool. Mould the rice into small cups or *timbales* on a buttered tin; brush the outside over twice with the whites of the eggs whisked to froth, and mixed with powdered sugar; fill the cups with the

apple, pour over it the sugar and egg, and bake for a quarter of an hour. Serve hot.

1268. *Cannclons.*

Mix eight ounces of flour with the same quantity of powdered sugar and a dessertspoonful of finely-grated rind of lemon. Make it into a stiff paste, with three ounces of butter dissolved in two tablespoonfuls of hot water; roll and beat the paste till very smooth; then roll it out in a strip four inches in breadth. Take fresh clean reeds of equal thickness and four inches in length, and roll the paste neatly round as many as you choose.

Dip them in white of egg and sugar, and fry them lightly in a pan of boiling lard or butter for five minutes. Drain them before the fire on a napkin; draw out the reeds, and fill the interior with apricot, peach, or strawberry jam. Then pile the canelons in any fancy form on a napkin, and serve.

1269. *Gaufres.*

To half a pound of flour add a spoonful of brandy, four well-beaten eggs, half a pound of sugar, and three ounces of pounded almonds; mix them up with two ounces of clarified butter, or, French fashion, a large tablespoonful of olive-oil. Drop the mixture in rounds as large as a crown on the buttered baking-tins. As soon as baked, raise them from the tins and curl them round a reed. Then leave them in a hot screen to dry. These are pretty ornaments round *entremets*.

1270. *Meringues aux Fraises.*

Whisk the whites of five eggs to a solid froth, and add to it five tablespoonfuls of sifted sugar and a dessertspoonful of finely-grated lemon-peel. Beat all together, and form the *meringues* with a spoon, about the size of half an egg, on a sheet of writing-paper, and bake in a very slow oven for a



MERINGUES.

quarter of an hour. Leave them in a dry place to cool; then take a little of the paste from the middle of half the number and fill with strawberry jam, and place the other halves over. Serve them dry and crisp.

1271. *Meringued Apples.*

Pare and core six or eight apples of equal size ; put them in a baking-dish with two ounces of butter, and a little water round, to prevent them from burning, and stew them till quite tender, but not broken. Take them out of the liquor and set them to cool ; then cover them with the *meringue*, as above, spreading and smoothing it carefully over ; dredge more sifted sugar over, and set them in a cool oven for a quarter of an hour to harden the *meringue*. Let them cool, and serve piled on a napkin.

1272. *Meringues à la Vanille glacés.*

Whisk the whites of five eggs to a solid froth ; then add six ounces of sifted sugar, two ounces of finely-chopped vanilla, and half a teaspoonful of lemon-juice. Beat altogether ; form the *meringues* as in No. 1270. Bake in a cool oven ten minutes. When cool, ice them in a freezing-pot, and serve filled with vanilla ice.

1273. *Croquettes of Rice (sweet).*

Simmer eight ounces of rice in as much milk as will cover it completely, allowing it to swell for twenty minutes ; then add six ounces of sugar and a dessertspoonful of grated lemon-rind ; continue to simmer for a quarter of an hour, then turn out the rice to cool. When quite cool, mould it into small balls, dip them into white of egg, then into fine crumbs, and fry in plenty of butter, turning them over, that they may be equally browned. Five minutes will fry them. Drain them before the fire on a napkin, and serve built in a pyramid, quite hot.

1274. *Croquettes of Rice à la Vanille.*

Stew the rice as in the last receipt, adding to the milk a pod of vanilla cut in two ; take out the vanilla when you leave the rice to cool. Mould them into balls, dip in white of egg and fine crumbs, in which half a pod of vanilla has been rasped ; then dip again into egg, and cover with sifted sugar. Fry five or six minutes, drain, and serve hot.

1275. *Croquettes of Apples.*

Pare and slice eight apples, and put in a stewpan with a glass of sherry, eight ounces of sugar, a tablespoonful of lemon-juice and a dessertspoonful of orange-juice. When reduced to a pulp, beat the yolks of six eggs well and stir in ; leave it on the fire five minutes longer, then pour out to cool. When cold and firm, roll into balls, dip in white of egg and fine crumbs, and sugar, and fry in butter ; drain, and serve hot.

1276. *Croquettes of Almonds.*

Pound four ounces of sweet almonds and one of bitter, with four ounces of fine sugar and a tablespoonful of orange-flower water and a glass of sherry. Beat up the whites of four eggs to froth, and grate four ounces of Savoy biscuits ; mix all into a stiff paste, dip in egg and sugar, and fry lightly in butter ; drain, and serve hot.

1277. *Darioles.*

Butter the *dariole* moulds, and line them with the puff-paste (No. 1122). Make a custard of eight yolks of eggs, two ounces of sifted sugar, half a pint of cream, six bruised macaroons, and about a quarter of the grated rind of a lemon. Stir this over the fire for a quarter of an hour ; let it cool ; then fill the *darioles* and put them into the oven for a quarter of an hour ; turn them out of the mould, strew sugar over them, and serve them straight from the oven, risen like a *soufflé*.

1278. *Darioles aux Fraises.*

Butter the *dariole* moulds and line with the tartlet-paste (No. 1122) very thin. Bruise four or five macaroons, and beat up with half a pint of cream, the yolks of eight eggs beat to froth, five ounces of powdered sugar, and two tablespoonfuls of strawberry jelly ; fill the *darioles*, bake them quickly for a quarter of an hour ; then take them from the mould, strew sugar over, and serve immediately, before they fall.

1279. *BOILED PUDDINGS.*

Boiled puddings are first, those of pastry, usually containing fresh or preserved fruits ; second, those of which suet forms a component part ; and third, the light puddings of which eggs are the principal ingredient.

Puddings of pastry, or which contain suet, are usually best boiled in a cloth, though the appearance is more elegant when turned from a mould ; but the water being allowed to percolate through the mixture mingles all the materials better, and the cookery is thus more certain. In a mould, puddings are often heavy and indigestible. But it must be remembered that the cloths used for puddings must be kept scrupulously clean, thoroughly washed in hot water, without soap, after being used, then rinsed in cold water, dried perfectly, and kept folded and free from dust ; and when used again, passed through boiling water, squeezed till no moisture is left, and then floured over before the pudding is put in.

Currants must be washed several times and dried before they are used.

Suet should always be chopped, if meant to be kept for a day or two, in a cool place, or it will run together in a greasy mass ; but it is always better to have it quite fresh. Without suet or eggs, few boiled puddings are tolerable. If possible, eggs should always be fresh ; if not to be had certainly fresh, they should be broken separately into a cup before putting into the basins where they are to be beaten ; the whites and yolks should always be beaten separately, and for delicate cookery, it is advisable to strain the eggs through a hair sieve after they are beaten. The batter used for puddings is also better strained through a coarse sieve. The water should boil quickly when the pudding is put in, and it should be moved about for a minute, that the ingredients may be mixed when the pudding sets. The boiling must be kept up till the pudding is done, which must then be sent to table immediately, or it will become heavy. If the pudding be covered with paste, it is usual to open a small hole at the top before it is removed from the cloth, that the steam may escape. When boiled in a mould or

basin, a buttered paper must be laid over the bottom before it is tied up.

In families where Lent is strictly observed, any of the receipts for puddings are available, only, when suet is an ingredient, an equal weight of butter may be substituted.

Most of the receipts for baked light egg puddings may be used for boiled puddings also, usually requiring one or two more eggs.

1280. *A Good Christmas Plum Pudding.*

The pride of English cookery is the plum pudding, which continental nations despise, because they can never succeed in making it eatable; we may therefore be excused in giving several receipts, all tried and approved, though of various degrees of excellence.

With one pound of clean dry currants and half a pound of good raisins stoned mix one pound of bread-crumbs, half a pound of fine flour, and one pound and a half of finely-shred suet; add a quarter of a pound of sifted sugar, a grated nutmeg, a drachm of cinnamon, two cloves, and half a dozen almonds pounded, and an ounce each of candied orange and lemon sliced thin; mix all the materials thoroughly together in a bowl with a glass of brandy and one of sherry; then beat very well six eggs, and slowly stir in till all be well blended; cover the bowl, and let the mixture stand for twelve hours; then pour it into a pudding-cloth and tie it, not very tight; put it into boiling water and keep up the boiling for six hours. Serve with sugar sifted over, and wine or punch sauce.

Brandy is usually sent in with a Christmas pudding to be poured over the whole pudding, or over each slice, then lighted and served in flames.

1281. *The Nonpareil Plum Pudding (a family receipt).*

Half a pound of best raisins stoned and chopped, half a pound of currants clean and dried, a quarter of a pound of candied lemon sliced thin, a quarter of a pound of candied orange sliced thin, half a nutmeg grated, half a teaspoonful of powdered cinnamon, half a saltspoonful of salt, the outer rind of two lemons grated, the juice of one lemon, one pound of fine bread-crumbs, three-quarters of a pound of finely-shred fresh

suet, half a pound of powdered sugar, two glasses each of brandy and sherry, seven eggs. First beat the eggs, whites and yolks separately, very well ; then add the spices, the salt, and the peels ; then the sugar, the raisins, and the currants ; next the crumbs and the suet ; last of all the lemon-juice, the wine, and the brandy ; beat all till very smooth ; pour into a cloth, and boil for six hours. Serve with wine or punch sauce.

1282. *Dr. Kitchener's Plum Pudding.*

Six ounces of finely-chopped suet, six ounces of Malaga raisins stoned and chopped, eight ounces of currants cleaned and dried, three ounces of fine bread-crumbs, three ounces of flour, three well-beaten eggs, the sixth of a nutmeg grated, the same of mace and cinnamon, four ounces of sugar, and half a teaspoonful of salt, half a pint of milk, one ounce of candied lemon sliced, half an ounce of citron sliced. Beat together the eggs and spices ; mix in the milk by degrees ; then add the rest of the ingredients, beating all thoroughly ; pour into a damp floured pudding-cloth, put it into boiling water, and keep up the boiling six hours.

1283. *Rich Plum Pudding.*

Beat up eight eggs, yolks and whites separately, and strain ; mix them with a pint of thick cream ; stir in half a pound of flour and half a pound of bread-crumbs rubbed through a colander ; when well mixed, beat in one pound of beef suet chopped very fine, one pound of currants, one pound of finely-chopped raisins, one pound of powdered sugar, two ounces of candied lemon and two of citron, and a nutmeg grated ; mix up all with half a pint of brandy or of wine ; boil in a cloth for six or seven hours.

Any of these Christmas puddings may be kept for a month after boiling, if the cloth in which they are made be replaced by a clean one, and the puddings be hung to the ceiling of a kitchen or any warm store-room ; they will then be ready for use, and will require only one hour's boiling to heat them thoroughly.

1284. *A Family Plum Pudding.*

Beat up four eggs, the whites and yolks separately ; add to the yolks a quarter of a teaspoonful each of grated ginger, nutmeg, grated lemon-peel, and salt, four ounces of sugar, half a pound of currants, then one pound of flour and half a pound of suet, and beat up the whole thoroughly with the whites of the eggs. Wine or brandy may be added if approved ; but the pudding will be very good without this addition. Tie it in a cloth and boil six hours. Serve with any good pudding sauce.

1285. *A Small Plum Pudding.*

Pour a cup of milk over a pound of fine bread-crumbs, and let them lie half an hour ; then beat in four ounces of sugar, half a pound of suet chopped fine, half a pound of raisins chopped, and half a teaspoonful of grated lemon-peel ; beat all well up with four eggs, and boil five hours.

1286. *The Hedgehog Plum Pudding.*

This very rich pudding is made as follows : one pound each of Muscatel and Sultana raisins chopped, one pound of currants, one pound of finely-chopped beef suet, one pound of fine moist sugar, two ounces each of candied citron, lemon, and orange sliced, half the rind of a lemon finely chopped, two ounces each of bitter and sweet almonds finely chopped, a nutmeg grated, half a teaspoonful of powdered ginger, the same quantity of salt, one pound of fine bread-crumbs, and three-quarters of a pound of flour. Mix these all thoroughly together ; then beat up nine eggs and a wine-glass of ale, and stir into the pudding, beating it up till all is well blended ; tie in a cloth, and boil for nine hours. Have ready four ounces of blanched almonds, and as soon as the pudding is dished, stick them over it closely ; make an opening in the centre and pour in two glasses of brandy.

1287. *Hunter's Pudding.*

Mix together one pound of flour, one pound of finely-chopped suet, one pound of currants, one pound of chopped

raisins, four ounces of sugar, the outer rind of half a lemon grated, six berries of pimento finely powdered, and a quarter of a teaspoonful of salt ; when well mingled, add four well-beaten eggs, a glass of brandy, and one or two tablespoonfuls of milk to reduce all to a thick batter ; boil in a cloth nine hours, and serve with brandy sauce.

This pudding may be kept for six months after boiling, if closely tied up : it will be required to be boiled an hour when it is to be used.

1288. *Duke of Cumberland's Pudding.*

Beat up very well six eggs with half a nutmeg grated, the rind of a lemon grated, a pinch of salt, six ounces of powdered sugar, and an ounce of candied lemon, citron, and orange ; when well beaten, mix in six ounces each of bread-crumbs very fine, of currants, and of suet finely chopped. When thoroughly beat together, boil for three hours, and serve with punch sauce.

1289. *A Quickly-made Plum Pudding.*

Beat up four eggs with a quarter of a pint of good milk, a pinch of salt, a teaspoonful of grated nutmeg and pounded mace mixed, and two ounces of powdered sugar ; then add half a pound each of flour and chopped suet, a quarter of a pound each of currants and chopped raisins, and a spoonful of brandy ; mix all well, and boil in a floured cloth for an hour. Serve with good sauce.

1290. *Snowdon Pudding.*

Butter a mould and arrange on it, in any ornamental form, two or three dozen of stoned raisins, split ; mix well together half a pound of bread-crumbs, half a pound of suet finely chopped, two ounces of sago, a pinch of salt, six ounces of moist sugar, six ounces of orange marmalade, a tablespoonful of brandy, and six well-beaten eggs ; beat all together till perfectly smooth ; then pour into the mould gently, so that the raisins keep their place ; cover the bottom of the mould with a buttered paper, and close it with a cover or cloth ; boil for an hour and a quarter ; let it stand a few minutes when taken up, then turn it carefully out, and serve with wine sauce.

1291. *Suet Pudding (plain).*

Mince a quarter of a pound of suet; mix it with half a pound of flour, half a teaspoonful of salt, and a quarter of a teaspoonful of grated ginger; roll it all with the paste-pin till the suet be completely mixed with the flour; beat well two eggs, and mix with about a quarter of a pint of milk; mix all together and work smooth; tie it in a floured cloth loosely, put it into boiling water, and boil two hours; serve with plain melted butter or any sweet sauce.

1292. *Dr. Kitchener's Suet Pudding.*

Beat up the yolks and whites of three eggs separately, strain them, and gradually add to them a quarter of a pint of milk; mix two ounces of sugar with half a grated nutmeg, and stir in, then four ounces of flour, and beat it into a smooth batter, and by degrees stir in seven ounces of very finely-minced suet mixed with three ounces of bread-crumbs; mix the whole thoroughly, and let it stand half an hour; boil it three hours. This is an excellent light suet pudding.

1293. *A very good Suet Pudding.*

Mix together half a pound of grated bread-crumbs, half a pound of finely-chopped suet, a quarter of a pound of sugar, a quarter of a teaspoonful of salt, and the grated rind and juice of a lemon; mix all very well, and boil in a cloth two hours, or one hour if divided into small balls or dumplings.

1294. *A cheap Suet Pudding without Eggs.*

Mix with six ounces of flour three ounces of finely-chopped suet, a pinch of salt, and two ounces of currants; make into a light paste with a little milk, and boil in a cloth for an hour and a half. Serve with sweetened melted butter.

1295. *Small Suet Dumplings.*

Shred six ounces of suet very fine, and mix with twelve ounces of flour; make into a paste with six tablespoonfuls of milk; when smooth, mould the paste into five or six balls,

dredge them with flour, and drop them into boiling water, or into the broth in which any meat is boiling, and let them boil two hours.

1296. *Lemon Puddings.*

Mix four ounces of finely-shred suet with eight ounces of bread-crumbs and three ounces of powdered sugar; add a tablespoonful of flour and a large tablespoonful of grated lemon-rind; then mix these well with three eggs well beaten, and afterwards the juice of one lemon; form into small balls, tie them in floured cloths, and boil for an hour. Serve with punch sauce or a *compote* of apples.

1297. *Suet Paste for Fruit Puddings.*

To one pound of flour add six ounces of very finely-chopped suet and half a small teaspoonful of salt; mix it lightly with the tips of the fingers; then by degrees add as much cold water as will make it into a smooth stiff paste; roll it twice, but lightly and quickly.

1298. *Butter Paste for Puddings.*

Into one pound of flour break into small pieces six ounces of butter; then make it up lightly as in the suet crust. A richer crust is objectionable for a boiled pudding.

1299. *Apple Pudding.*

Line a buttered mould or basin with suet paste, fill it up with sliced apple, a teaspoonful of grated lemon-peel, two cloves, and moist sugar according to the size; cover it with paste, folding the edges firmly over; put the mould into a floured cloth dipped in hot water, tie it close, and boil an hour and a half to two hours. Turn it carefully out of the basin, and immediately cut a small round from the top, that the steam may escape, or the paste will be heavy. Put into the opening a slice of butter and a spoonful of sugar, and serve with sweetened melted butter.

1300. *Small Apple Dumplings.*

Pare and core six large apples, and fill up the middle with moist sugar, a little butter, and half a teaspoonful of grated

lemon, or of apricot jam. Inclose the apples separately in a thin paste, and tie them in cloths or in nets worked purposely, which form a pattern on the paste. Boil from three-quarters to an hour, according to size, and serve with cream and sugar, or sweetened melted butter.

1301. *A very good Rhubarb Pudding (Spring Fruit).*

Peel and slice into short lengths a basin full of rhubarb, and stew it for a quarter of an hour, with the rind of half a lemon and three ounces of moist sugar. Let it cool; line your basin or mould with paste, fill it with the fruit, cover, and boil it an hour. Turn out, and serve like an apple pudding.

1302. *Gooseberry or Currant Pudding, &c.*

Line the basin with paste half an inch thick; then, if green gooseberries, add to every pound six ounces of sugar well stirred in (ripe fruit require but four ounces); fill up and cover as in an apple pudding, and boil an hour if the fruit be unripe, and the pudding of moderate size, and somewhat less if ripe currants or raspberries.

The most delicious of puddings, one of *green apricots*, requires a full hour to boil, and should always be served with cream.

1303. *Rolled Jam Pudding.*

Roll out thin a paste of butter or suet, and spread over it a layer of any kind of jam to within an inch of the edge; mince-meat or fresh apples may also be used, or if no fruit can be readily had, as on board ship, a layer of brown sugar, or of treacle, either of them improved by a little lemon-peel grated, may be substituted. When spread, roll the paste round and round into a long pudding, closing it neatly up the length, and pinching the ends over the sweetmeat. Tie it in a cloth securely at both ends; put it in boiling water, and let it boil an hour and a half, or two hours, according to size. Serve with cream or melted butter.

1304. *Lemon Rolled Pudding.*

If jam is not at hand, you may supply the place by slicing the inside of three or four lemons, removing the pips and

boiling them for a quarter of an hour with an equal weight of sugar. Let the jam cool; then spread it over the paste and roll. This makes a delicious rolled pudding.

1305. *Yeast Puddings.*

Take a pound of light dough, made as if for bread, and which has been raised before the fire for an hour; mould it into small balls, about the size of a moderate apple, drop them into boiling water, and boil twenty minutes. Serve them immediately, before they fall, with wine sauce, or sweetened melted butter. They are usually torn with two forks when eaten, as cutting them would make them heavy.

1306. *Plain Rice Pudding.*

Wash six ounces of rice, cover it in the stewpan with cold water, and let it heat and swell gradually for half an hour; then drain off the water; add a tablespoonful of sugar, and a quarter of a teaspoonful each of salt and pimento. Tie up loosely in a cloth, and boil for an hour and a half, and serve with sweetened melted butter.

1307. *Currant Rice Pudding.*

Swell three ounces of rice over the fire a quarter of an hour; then strain it, and spread over a floured cloth. Cover the whole with three ounces of currants; then tie up the cloth, inclosing the currants in the rice. Tie it loosely, but securely, put into boiling water and boil an hour and a half. Serve with sweetened melted butter.

These two rice puddings are excellent for the nursery.

1308. *A good Rice Pudding.*

Boil in milk for twenty minutes, with a quarter of a teaspoonful of salt, six ounces of rice; drain it, then mix with it a quarter of a pint of cream, two ounces of clarified butter, four ounces of powdered sugar, the grated rind of half a lemon, a tablespoonful of brandy, and four well-beaten eggs. When well mixed, pour it into a well-buttered mould, and boil for an hour. Serve it with cream and any good jam round it.

1309. *Rice Pudding with Fruit.*

Swell over the fire in milk six ounces of rice for a quarter of an hour ; drain it and spread over a floured cloth ; then put in about half a pint of currants, gooseberries, or sliced apples, with two ounces of sugar. Draw the cloth up carefully, and tie securely, but loosely. Boil for an hour and a quarter. Turn out and serve with sweetened melted butter.

1310. *Rice Snow-balls.*

Boil half a pound of rice in milk for half an hour, drain it, and let it cool ; pare six or eight apples of equal size, remove the core, and fill the cavity with sugar and a very little grated lemon and pounded clove ; then cover the apples half an inch thick with the rice, and tie each separately in a floured cloth ; put into boiling water, and let them boil three-quarters of an hour. Serve with a custard round them.

1311. *A Plain Ground Rice Pudding.*

Boil half a pound of ground rice in a pint of milk for half an hour, stirring it continually ; let it cool ; then stir in four ounces of sugar, a dessertspoonful of grated lemon-rind, and three well-beaten eggs ; put it into a buttered mould, and boil for an hour.

1312. *Small Ground Rice Puddings.*

Boil four ounces of ground rice for three-quarters of an hour in a pint of milk ; stir it continually lest it should burn ; pour it out, and stir in three ounces of butter and four ounces of powdered sugar, with a quarter of a pint of cream and two ounces of almonds pounded ; when quite cool, add the beaten yolks of five eggs and the whites of two ; pour into small buttered cups, tie them in cloths, and boil for half an hour ; turn them out, cover with sifted sugar, and serve with Victoria sauce.

1313. *A Plain Batter Pudding.*

Into three tablespoonfuls of flour sprinkle half a teaspoonful of salt, and mix with it by degrees the yolks of three well-beaten eggs ; when reduced to a smooth batter, thin it gradually

with a pint of milk. Do not allow it to stand after it is made, but pour it into a buttered mould or basin, tie it in a floured cloth, and plunge it into boiling water, the bottom of the pudding uppermost ; boil it for an hour and a half ; let it stand a minute or two after taking from the pan ; then turn it out, and serve with sweetened melted butter, or cream and jam.

1314. *Batter Dumplings.*

Beat a pound of flour, half a teaspoonful of salt, two separately beaten eggs, and half a pint of milk into a smooth stiff batter ; drop a large spoonful at a time of the batter into boiling water, and allow the puddings to boil a quarter of an hour ; lift them out to drain on a sieve, then serve immediately on a hot dish with cold butter, and either powdered sugar or salt over them, according to taste.

1315. *Plain Bread Pudding.*

Pour a pint of boiling milk over half a pound of bread-crumbs, and let it stand an hour ; beat into this two ounces of sugar, a flavouring of grated lemon-rind, and two well-beaten eggs, and pour it into a buttered mould ; put a buttered paper over the bottom, and tie it in a cloth ; put into boiling water, and boil it an hour ; let it stand a few minutes, and serve with sweetened melted butter or milk. This cheap and plain pudding is excellent for the nursery or for invalids.

1316. *A Good Bread Pudding.*

Over six ounces of bread-crumbs pour half a pint of scalded cream, or milk in which two ounces of butter has been melted, and cover it for an hour ; then beat in two ounces of sugar, an ounce of almonds pounded in a spoonful of orange-flower water, with half an ounce each of candied lemon, citron, and orange sliced very thin, and add four well-beaten eggs. Some prefer a plum pudding ; when six ounces of currants may be added, but the pudding is never so light with fruit. Pour it into a buttered mould, tie in a cloth, and boil an hour ; if with fruit, five minutes longer. Serve with brandy sauce.

1317. *Brown Bread Pudding.*

To half a pound of dry brown bread-crumbs add four ounces of fresh finely-chopped suet, four ounces of sugar, four ounces of currants, a quarter of a nutmeg grated, two tablespoonfuls of cream, and one of brandy; beat up all with four well-whisked eggs, and boil in a buttered mould or cloth for two hours. Serve with port wine or cinnamon sauce.

If suet be disapproved, butter may be substituted for it.

1318. *Bread and Apple Pudding.*

Line a buttered mould or basin with thin slices of bread arranged closely; strew pounded sugar over; then fill with sliced apple, and sweeten; grate a little lemon-peel, lay over a slice of buttered bread, tie in a cloth, and boil an hour and a half. Serve with any sweet sauce.

This is a cheap and useful pudding.

1319. *Bread Pudding with Raisins.*

Chop a pod of vanilla, and boil it in a pint of new milk; let it stand to cool; then take out the vanilla, and pour the milk over five ounces of bread-crumbs; stir in one ounce of butter, four ounces of powdered sugar, and three well-beaten eggs, with a glass of sherry. Arrange raisins which have been stoned in any form in a buttered mould; pour in the pudding; cover with buttered paper, tie up, and boil an hour. Serve with wine sauce.

1320. *Bachelor's Pudding.*

Mix together half a pound each of grated bread-crumbs, of finely-chopped suet, of sugar, and of chopped apples; grate in the rind of half a lemon; add the juice, and mix all together with four eggs well beaten; put into a buttered mould, and boil two hours; turn out, and serve with punch sauce.

1321. *Marrow Pudding.*

Pour half a pint of boiling milk or cream over four ounces of Naples biscuit; beat in four ounces of marrow, one ounce of powdered sugar, one ounce of candied orange sliced, and

two tablespoonfuls of brandy ; when cool, add the yolks of six eggs and the whites of three, well beaten, and mix thoroughly ; pour into a buttered mould, boil for one hour, and serve with German sauce (No. 1358).

1322. *Vegetable Pudding.*

Half a pound of the floury inside of roasted potatoes, half a pound of grated carrot (the red part only), six ounces of finely-chopped suet, four ounces of sugar, two ounces of candied lemon-peel sliced thin ; mix these materials well with one well-beaten egg, and boil in a cloth or buttered mould two hours and a half. Serve with wine or brandy sauce. This is an excellent and cheap pudding.

1323. *Carrot Pudding.*

Grate six ounces of the outside of carrot, and mix with six ounces of flour, six ounces of chopped suet, six ounces of sugar, and six ounces of currants ; mix all well together, and blend with two well-beaten eggs ; tie in a floured cloth, and boil three hours. Serve with any plum pudding sauce.

1324. *Orange Pudding.*

Mix with eight ounces of bread-crumbs, six ounces of finely-chopped suet, four ounces of sugar, and four ounces of good orange marmalade. Beat up these materials with the well-beaten yolks of six eggs ; let it stand an hour ; then add the whites of the eggs beaten to a stiff froth ; fill a buttered mould, and steam the pudding for two hours. Serve with almond sauce (No. 1361).

1325. *French Plum Pudding.*

Pour boiling water over a pound of good French plums, and let them simmer an hour ; then stone and drain them. Make a batter of half a pound of flour, half a teaspoonful of salt, the yolks of four well-beaten eggs, the whites of two, and half a pint of cream. Mix the plums with the batter, tie firmly in a well-floured cloth, leaving room to swell, and boil for two hours. Serve with plum pudding sauce.

1326. *Cheesecake Pudding, Cocoa-nut flavour.*

Drain eight ounces of fresh curd, and rub it through a sieve ; mix with four ounces of butter, four ounces of currants, half a cocoa-nut grated, four ounces of bread-crumbs, a tablespoonful of orange-flower water, and one of brandy. Beat all up with six eggs, and boil in a mould for an hour and a half. Serve with punch sauce.

1327. *Plain Custard Pudding.*

Boil half a pint of milk with two ounces of powdered sugar and a small chip of cinnamon ; pour it over a tablespoonful of flour ; beat up four eggs very well, and as the milk cools, mix them gradually ; pour into a buttered basin or mould, tie up, and boil twenty minutes ; turn out, and serve with melted red-currant jelly over it.

1328. *A good Custard Pudding.*

Boil a pint of cream with a pod of vanilla and four ounces of powdered sugar for fifteen minutes ; then let it cool, take out the vanilla, and stir in the well-beaten yolks of five eggs. Butter a mould, and pour in the custard, tying it up firmly ; put in it boiling water, and boil for half an hour ; let it stand a few minutes before you turn it carefully out of the mould. Sift sugar over it, and serve with apricot jam, *compôte* of fruit, or wine sauce.

1329. *Tapioca Pudding.*

Pour a pint of milk upon two tablespoonfuls of tapioca, and let it stand an hour ; then set it over the fire, stirring in two ounces of powdered sugar, an ounce of butter, and a dessertspoonful of grated lemon-peel. Stir it, and let it simmer a quarter of an hour ; let it cool, and stir in four well-beaten eggs, leaving out one white ; pour it into a buttered mould, and boil for an hour and a half. Let it stand ten minutes after it is taken up before you turn it out, which must be very carefully done, to avoid breaking. Serve it with sifted sugar over, red jelly round, and cream.

1330. *Sago Pudding.*

Boil an ounce and a half of well-washed sago in a pint of milk with a stick of cinnamon, for half an hour; pour it out, and keep it covered till it is cool; then pour it over four ounces of sponge-biscuit, bruise them, and add the yolks of five eggs, well beaten, and the whites of two, whisked to froth; beat all smooth with a glass of sherry, pour into a buttered mould, and boil for an hour. Let it stand before it is turned out, and serve with wine sauce.

1331. *Semolina Pudding.*

Put a pint of new milk into a pan, with three ounces of semolina, three ounces of sugar, one ounce of butter, and a stick of cinnamon. Stir it over the fire for a quarter of an hour; pour it out to cool; then add the beaten yolks of six eggs, and the whites of four, whisked to a froth. Butter the mould, and pour in the pudding; steam it for an hour; let it stand five minutes when taken from the steamer, then draw off the mould gently, and serve with any good sauce.

1332. *Almond Pudding.*

Blanch four ounces of almonds, and pound in a mortar with four ounces of butter, four ounces of powdered sugar, and a tablespoonful of orange-flower water. Mix these materials with two tablespoonfuls of bread-crumbs, and beat up with five beaten yolks of eggs and a glass of sherry; and lastly, stir in the whites of two eggs, whisked to a solid froth; pour into a buttered mould, and boil three-quarters of an hour. Let it stand a few minutes, draw the mould off gently, and serve immediately with German sauce.

1333. *Macaroni Pudding.*

Boil four ounces of macaroni in a pint of milk for twenty minutes; then turn it out, and stir in two ounces of powdered sugar and a teaspoonful of grated lemon-peel; let it cool, and then add three beaten eggs; beat all up, and boil an hour in a buttered mould.

This is a cheap and excellent pudding, and may be served with any sauce.

1334. *Brandy Pudding.*

Pour a quarter of a pint of brandy over four ounces of sponge-biscuits, and beat up with two ounces of powdered sugar, two ounces of dried cherries, one ounce of sliced candied orange-peel, and the yolks of five beaten eggs; then add the whites of two eggs, whisked to froth, put into a buttered mould, and steam for an hour. Serve with custard or burnt cream sauce.

1335. *Ratafia Pudding.*

Strain over four ounces of bread-crumbs a pint of boiling cream, in which has been boiled the peel of a lemon, a stick of cinnamon, and three ounces of powdered sugar. Let it cool; then add the yolks of six beaten eggs, and the frothed whites of two; beat all very well. Butter a plain mould, and cover the inside with small ratafia cakes; pour the mixture in, cover the bottom with a buttered paper, tie up, and steam an hour; turn carefully out, and serve with wine sauce.

1336. *Conservative Pudding.*

Pour half a pint of boiling cream over two ounces of macaroons, two ounces of ratafia cakes, and four ounces of sponge-biscuits. When cool, pour over a glass of brandy; beat all well up, with the beaten yolks of eight eggs and an ounce of powdered sugar. Butter a mould, and arrange over it stoned raisins and thin slices of citron, in an ornamental form; pour in the mixture, cover, tie it close, and steam it an hour and a half. Let it stand a few minutes before turning out, and serve it with Victoria sauce.

1337. *Amber Pudding.*

Mix eight ounces of bread-crumbs with eight ounces of finely-chopped suet, eight ounces of powdered sugar, and the grated rind of two lemons; mix these with the yolks and whites of two eggs, well whisked separately. Fill a buttered mould, boil two hours, and serve with almond sauce.

1338. *Cabinet Pudding.*

Boil a pint of cream, with the outer rind of a lemon, a pinch of salt, and two ounces of sugar. Strain this over eight ounces

of Naples biscuit, and let it stand to cool ; then mix with it the well-beaten yolks of five eggs and the frothed white of two. Butter a plain mould, and ornament with large muscatel raisins stoned, and chips of candied citron. Pour in the mixture quite cold ; cover with a buttered paper, tie up, and steam an hour and a half. Turn out, and serve with good sauce.

1339. *A richer Cabinet Pudding.*

Boil three-quarters of a pint of cream, as above, and mix one-quarter of a pint cold, with the well-beaten yolks of six eggs and a glass of brandy. Pour the boiling cream over this, and stir as you pour it till it becomes a custard. Butter a plain mould, and line it with dried cherries and slices of dried apricots or peaches, tastefully arranged in a pattern. Put into the mould lightly four ounces of sponge-biscuits and two ounces of macaroons, mixed ; strew an ounce of powdered sugar amongst them ; then fill up the mould with the custard perfectly cold. Tie up and steam for an hour. Let it stand a few minutes ; then turn out carefully, and serve with wine sauce, or a *purée* of currants and raspberries.

1340. *Lemon Pudding.*

Beat up four ounces of butter to cream, with four ounces of sifted sugar ; then stir in a tablespoonful of flour, the grated rind of two lemons, eight ounces of bread-crumbs, and six well-beaten eggs. When all are well mixed, beat in the juice of three lemons, mixed with three ounces of powdered sugar. Continue to beat till the whole is well mixed ; then boil for an hour, and serve with German sauce.

1341. *Nonpareil Pudding.*

Beat four ounces of butter to cream ; then beat in successively four ounces of sugar, the grated rind of a lemon, two ounces of sultana raisins stoned, and four ounces of flour. Beat separately the yolks and whites of five eggs, and stir in ; beat all to a smooth batter, and pour into a buttered mould. Boil two hours, and serve with Victoria sauce.

1342. *German Pudding.*

Pour half a pint of boiling milk over six ounces of the crumb of a loaf. Let it stand till cool on a sieve; then press it in a cloth, and beat it smooth with a fork. Mix it with two ounces of butter, three ounces of sugar, and four well-beaten eggs; then line a mould with a layer of the mixture half an inch thick, and cover it nearly to the edge with raspberry or apricot jam; spread over alternate layers of the bread and the jam till the mould is filled; cover with the bread at the last; then with buttered paper; tie up, and steam an hour and a half. Serve with German pudding sauce (No. 1358).

1343. *The Carlisle Pudding.*

Make a rich custard of one pint of cream, the yolks of six eggs, four ounces of powdered sugar, one glass of sherry, and half a glass of brandy. When quite cool, pour it into a plain buttered mould and steam it three-quarters of an hour; have the whites of the eggs whisked to a solid froth, with as much sifted sugar as they will absorb, and as soon as the mould is drawn from the pudding, cover it with the icing and brown it quickly with a salamander. Serve with raspberry or cherry *compôte*.

1344. *Soufflé Pudding, boiled.*

Mix four ounces of flour with four ounces of clarified butter; then boil half a pint of cream with the rind of a lemon, a stick of cinnamon, and three ounces of sugar. Strain it, and stir in by degrees the butter and flour, till quite smooth; beat up, and add, one at a time, the yolks of five eggs, and two tablespoonfuls of brandy. Whisk the whites to a solid froth, and add the moment you pour the mixture into the mould, which must not be more than three-quarters filled. Steam for an hour over very little water, and serve quickly with wine sauce.

1345. *Victoria Pudding.*

Pour a pint of boiling milk over six ounces of bread-crumbs, and cover it till nearly cold; then stir in four ounces of sifted sugar, an ounce each of sweet and bitter almonds pounded,

with a tablespoonful of brandy and the yolks of three eggs well beaten. Butter a plain mould, and line it with slices of preserved green ginger, apricot, or any pretty sweetmeats ornamentally arranged. Pour in the pudding quite cold ; tie it up, and steam for an hour and a quarter. Turn it out, and serve with Victoria sauce.

1346. *Albert Pudding.*

Boil half a pint of cream, with three ounces of sugar and a stick of cinnamon, and make it into a thick custard, with the yolks of six eggs. Line a buttered mould with thin strips of citron and figs in a pattern ; pour in the custard, cold ; tie it up, and steam for an hour ; then let it stand to be cold ; turn it out, and serve cold, with custard round it.

1347. *Prince Consort's Pudding.*

Pour a pint of boiling cream over twelve ounces of crumbled Savoy cake, and let it steep till cool. Rub the rind of a lemon on four ounces of sugar, and pound the sugar, and add to the cake with the beaten yolks of eight eggs and the whipped whites of two ; flavour with half a saltspoonful of salt. Mix the whole lightly together, and pour into a buttered mould. Steam it for an hour and a quarter, and dish it with custard round it, or a *purée* of currants and raspberries for sauce.

It is an excellent pudding, and of small expense.

1348. *Cream Pudding.*

Boil for a quarter of an hour in a pint of cream the rind of a lemon, a blade of mace, and three ounces of sugar. Strain the cream, pound the lemon-peel in a mortar, and put again to the cream, which must then stand to cool, and be gently poured over the well-beaten yolks of eight eggs. Beat all well together ; pour into a pretty buttered mould, and steam it for three-quarters of an hour. Turn it out ; but serve cold, with a *compôte* of apples or green apricots round.

1349. *Iced Pudding.*

Have ready a buttered mould, and cut slices of stale sponge-cake, half an inch thick, rather smaller than the mould ; pour

over them a quarter of a pint of brandy, and a glass of curaoa, and let the cake soak all up. At the bottom of the mould put a layer of ratafia cakes and dried cherries regularly placed over them, one of the slices of sponge-cake ; then the cherries and ratafia cakes, and another slice of cake till the mould is rather more than half full. Fill it entirely with a rich custard, not quite cold ; cover with a lid ; put it into an ice-pail, surrounded by bruised ice and salt for two hours. Then have the dish ready to serve ; dip the mould for a minute into cold water and turn out the iced pudding.

1350. *Swiss Pudding.*

Beat six eggs with six ounces of powdered sugar to a fine froth, and stir in a pint of good cream. Put into a buttered mould with a buttered paper over ; tie it down close, and steam it for twenty minutes. Let it stand a few minutes before it is turned out, and serve it cold, with preserved ginger or apricot syrup round it.

1351. *Firmity or Frumenty.*

This preparation of the grains of wheat is still a common Christmas-eve supper-dish in some of the provinces. Boil a quarter of a pint of wheat in milk for three or four hours, till swelled, but not broken. Then add another quart of new milk or cream, three ounces each of sugar and currants, a stick of cinnamon, or half a grated nutmeg, and boil up a quarter of an hour ; then stir in a glass of brandy, and serve in cups.

PUDDING SAUCES.

1352. *Sweetened melted Butter.*

To a quarter of a pint of good melted butter add an ounce and a half of moist sugar and a quarter of a nutmeg grated ; stir very well, and serve hot. This is the plainest sauce for the nursery.

1353. *Wine Sauce.*

To a quarter of a pint of melted butter add an ounce and a half of pounded sugar, half a teaspoonful of grated lemon, and a glass of sherry; stir it all over the fire together for two or three minutes, and serve immediately. Some families prefer to use home-made wines; of these, raisin or currant wines are the most suitable.

1354. *Brandy Sauce.*

In a quarter of a pint of water boil for fifteen minutes the thin rind of a small lemon and two ounces of sugar; strain the liquor into half a pint of melted butter, and stir into it, over the fire, a glass or a glass and a half of brandy, and serve immediately.

1355. *Punch Sauce.*

Rub off the outer rind of a lemon on two ounces of loaf sugar, and strain the juice of the lemon over the sugar; pour over this a glass of brandy and a glass of sherry, and, when well mixed, stir the whole over the fire into a quarter of a pint of good melted butter, and serve immediately.

1356. *Victoria Sauce.*

Beat up two yolks of eggs in a quarter of a pint of cream, add two ounces of powdered sugar, a tablespoonful of orange-flower water, and a tablespoonful of curaçoa; beat all well together, and thicken over a slow fire till it simmers. Serve immediately.

1357. *Plum Pudding Sauce.*

Boil in a quarter of a pint of water for twenty minutes the thin rind of half a lemon and a quarter of a Seville orange as thin as possible, with two ounces of sugar; strain the liquor into a quarter of a pint of rich melted butter, and stir it over the fire, adding half a glass each of brandy, rum, and sherry, and a tablespoonful of curaçoa may be added or not; simmer the whole, mixing it well for five minutes; then serve immediately.

1358. *German Sauce.*

Put into a *bain-marie* a quarter of a pint of hock or sherry with two ounces of sugar, a teaspoonful of lemon-juice, and when hot, but not boiling, pour it over the well-beaten yolks of three eggs; stir them well together, then pour all back into the *bain-marie*, and mill or whisk it into a creamy froth over the fire, and pour it in this state over the pudding immediately before it is served, that it may not fall.

1359. *Cinnamon Sauce.*

Break a stick of cinnamon into pieces, and boil it in a quarter of a pint of water for twenty minutes; then add two ounces of sugar, a bay-leaf, and two glasses of Madeira or sherry; simmer over the fire ten minutes, then strain, and serve it in a tureen.

1360. *Port Wine Sauce.*

Boil for thirty minutes in a quarter of a pint of water six cloves and two ounces of sugar; then add two glasses of port wine, and simmer five minutes, and strain the liquor into a quarter of a pint of very rich melted butter; stir all for five minutes over the fire; then serve immediately.

1361. *Claret Sauce.*

Beat up four eggs to froth, and mix by degrees with half a pint of claret or any light wine; set it over the fire, add a teaspoonful of grated lemon-peel, half as much pounded cinnamon, and three ounces of sugar; then continue to mill or whisk the sauce over the fire till the whole is in a froth, and quite hot, though not boiling. Pour it immediately over the pudding.

1362. *Raspberry Sauce.*

Put into a jar a pint of fresh raspberries with half a pint of water, and set it into a pan of boiling water, or a moderate oven, for half an hour; then strain off the liquor, and put it into a saucepan with two ounces of sugar, two glasses of sherry, and a tablespoonful of arrow-root, first blended in a spoonful

of the juice. Stir it till on the point of boiling, and then serve with or over the pudding, as may be desirable.

Red currants, cherries, or any summer fruit, may be used for sauce prepared in the same way, and all are suitable to rice, batter, or bread puddings.

1363. *Almond Sauce.*

Pound three ounces of sweet almonds with a tablespoonful of orange-flower water ; pour over them half a pint of boiling cream, and two ounces of powdered sugar, and stir it briskly till well mixed ; then thicken it with the yolks of two eggs, well beaten. Set it over a slow fire, and beat to a froth. Serve it with or over any good pudding.

1364. *Arrow-root Sauce.*

Rub on two ounces of sugar the thin rind of a small lemon, and boil it in a quarter of a pint of light sweet wine ; stir in a teaspoonful of arrow-root, first blended in a tablespoonful of cold water, and when the whole is quite hot, pour it over or round the pudding.

CHAPTER XXII.

*SWEET ENTREMETS, &c.**CREAMS.*

CREAMS include a variety of rich and delicate dishes, in which the principal ingredient is cream; and in the country, where cream is to be had genuine, and at a moderate expense, these preparations form an elegant addition to the dinner or supper table, at a comparatively light cost; and many of them may be made ready in a few minutes, when need requires it.

1365. Quickly-made Fruit Creams.

If creams are required in haste, the best way is to stir into a pint of cream a quarter of a pint of melted currant, strawberry, or raspberry jelly, with a teaspoonful of lemon-juice. If time will allow, whisk the cream into a froth, and fill the cream glasses with the froth; but in haste, serve the simple mixed creams. If jam be used instead of jelly, it must be well pressed and rubbed down in the cream, and then strained through a silk tamis, to remove the seeds or skins of the fruit.

1366. To whip Creams.

Rub two ounces of sugar on the rind of half a lemon, and then press out the juice over the sugar, and allow it to dissolve. Stir into this a quarter of a pint of jelly, or the juice of fresh fruit, and lastly, a pint of cream; then whisk it till a froth rises, which remove with a skimmer to the glasses, and whisk again till the whole of the cream is frothed.

1367. *Cheap Raspberry Cream.*

Boil an ounce of isinglass in two pints of milk and one of cream, for a quarter of an hour; strain it, and while it cools, stir in half a pint of raspberry jelly, or the same quantity of fresh raspberry juice, with two ounces of sugar; beat it well up till nearly cold, then pour it into glasses, and allow it to stiffen.

1368. *Strawberry or Gooseberry Cream.*

To half a pint of the juice of fresh fruit, drawn out over the fire or in the oven and then strained, or half a pint of dissolved fruit jelly, add the weight in powdered sugar, if fresh, and one ounce only, if jelly. Dissolve an ounce and a half of isinglass in a very little water, and mix with a pint of cream; stir in the juice, and simmer the whole for five minutes over the fire; then pour out into glasses or a mould, and allow it to stiffen.

1369. *Lemon Cream.*

Rub off the thin rind of a lemon on three ounces of loaf sugar, and dissolve it in the juice of two lemons. Boil a pint and a half of cream, and pour over the sugar, backward and forward, till well mixed and slightly curdled. Serve in glasses.

1370. *Imitation Lemon Cream.*

Rub the thin rind of four lemons upon seven ounces of sugar, and add the juice, and a tablespoonful of hot water, leaving it to dissolve. Beat well the yolks of nine eggs, add the sugar, and beat all very well together; then put into a silver or enamelled saucepan, and stir over a gentle fire for two minutes, taking care not to allow it to boil, as it must not be curdled; then pour it into the glasses, and let it stand to be cold.

1371. *Spinach Cream.*

Beat the yolks of eight eggs well with four ounces of powdered sugar, and put in a saucepan with a pint of rich cream, three-quarters of a pint of new milk, and a stick of cinnamon. Stir it well till it begins to thicken, then add a quarter of a pint of spinach

juice, and stir, at the edge of the fire, a few minutes, till the colouring is complete. Pour it into glasses to stand till cold, or over macaroons or sponge-biscuits in a glass dish, when the top must be ornamented with thin strips of candied fruit.

1372. *Pine-apple Cream.*

Boil the rind of a pine-apple, cut in pieces, in a quarter of a pint of milk for half an hour ; then strain it, and add a pint of thick cream, three ounces of sugar, and a teaspoonful of lemon-juice ; thicken for ten minutes over the fire, and when cool, whisk into froth, and fill glasses.

1373. *Orange Cream.*

Boil the rind of a Seville orange, cut thin, in a quarter of a pint of cream, for half an hour ; then pound it smooth in a mortar, with the juice of the orange, and a tablespoonful of brandy. Beat the yolks of four eggs well, with four ounces of powdered sugar, and mix with the orange ; then pour over by degrees a pint of boiling cream ; beat it till quite cold, and fill the glasses, setting them in a dish of boiling water, and letting them remain there to be cold again. Ornament the top of the creams with thin slips of candied orange-peel.

1374. *Almond Cream.*

Pound in a mortar four ounces of sweet almonds, adding half a dozen bitter almonds, blanched, with a tablespoonful of rose or orange-flower water. Put the paste into a quart of cream, with four ounces of powdered sugar and the juice of two lemons ; beat into a froth, and remove with a skimmer into glasses.

1375. *Exeter Cream.*

Roast six apples, and pulp them through a sieve ; mix with the pulp three ounces of powdered sugar, then add a pint of cream, and whisk the whole into froth. Serve in glasses.

1376. *Coffee Cream.*

Make a pint of good *café à la crème* (No. 1601) with two ounces of sugar ; let it cool ; then add the yolks of four eggs

beaten to a froth, and the white of one ; stir for a few minutes over the fire, till thickened ; then pour into glasses, and when quite cool sift powdered sugar over them.

1377. *Chocolate Cream.*

Scrape into one quart of thick cream, an ounce of the best chocolate and four ounces of sugar ; boil and melt it, and when quite smooth, take it off to cool, and add the whites of eight eggs whipped to froth ; half fill the glasses, and whisk the remainder of the cream into froth to fill them up.

1378. *Crème à la Vanille.*

Boil half a pod of vanilla in a quarter of a pint of new milk for half an hour ; then strain it through muslin, add four ounces of sugar, the beaten yolks of four eggs, and one white, whipped to froth ; stir in a pint and a half of thick cream, and stir all together in a *bain-marie*, till thick. Pour it into the glasses to stiffen, sift powdered sugar over, and brown with a salamander.

1379. *Chestnut Cream.*

Boil in a quarter of a pint of milk a dozen chestnuts, blanched, and the rind of a small lemon, for twenty minutes, or till the chestnuts are soft ; then pound all together in a mortar with three ounces of powdered sugar, and mix all into a pint of cream, and stir over the fire till thick and quite smooth. Pour into glasses, and ornament the top with strips of candied lemon or orange.

1380. *Wine Cream.*

Boil the thin rind of half a lemon in a quarter of a pint of cream with two ounces of sugar for twenty minutes ; then take out the lemon-peel, and stir in a pint of cold cream and a quarter of a pint of sherry or Madeira ; beat up well into froth, and fill the glasses, or half fill with the cream, and froth the remainder to pile on the top.

1381. *Brandy Cream.*

Boil in a quarter of a pint of milk two ounces of blanched almonds and two or three bitter almonds, with three ounces of

sugar ; when soft, pound altogether till smooth, and leave to cool ; then beat up with the yolks of five eggs, two glasses of brandy and a quart of cream ; set it over the fire for a quarter of an hour, stirring it to thicken, but not allowing it to boil ; pour it into cups or glasses, and when cold, sift sugar over, and brown with the salamander.

1382. *Burnt Cream.*

Boil a pint of cream with two ounces of sugar, the thin rind of half a lemon, and a stick of cinnamon for twenty minutes ; take it off, and remove the lemon and cinnamon ; pour the cream by degrees over the well-beaten yolks of four eggs ; beat all well together, and pour into a dish or into glasses ; when cold, sift sugar thickly over, and brown with a salamander.

1383. *Italian Cream.*

Add to a pint of cream four ounces of powdered sugar, a tablespoonful of grated lemon-peel, a teaspoonful of the juice, and a glass of sherry, or raisin wine ; beat and whisk the whole into a solid froth ; line a perforated tin mould with damp muslin, and fill it with the cream ; let it remain in a cool place, if possible, on ice, for twenty-four hours ; then turn it out upon a dish, and put round it macaroons or Naples biscuits.

1384. *Ratafia Cream.*

Rasp the fine rind of two lemons off upon two ounces of sugar, and pour over it the juice ; when dissolved, add a pint of thick cream, and whisk all together ; then add two glasses of sherry, two of brandy, and one of milk, in which half an ounce of isinglass has been dissolved ; beat all together well ; line a mould with a damp muslin, and arrange over it ratafia cakes dipped in the cream ; gently pour in the mixture, and let it stand in a cool place to stiffen ; then turn out.

1385. *Stone Cream.*

Dissolve half an ounce of isinglass in a little milk, and boil it in a quart of cream with three ounces of sugar for a quarter of an hour ; line a dish with apricot or orange marmalade ;

grate over it the rind of a lemon, and add the juice ; let the cream be nearly cold, and then pour it over the sweetmeat ; leave it to stiffen, and ornament it with strips of blanched almonds.

1386. *Velvet Cream, an excellent Family Receipt.*

Cover the bottom of a glass dish with apricot jam, and pour over it a large tablespoonful of lemon-juice and a glass of sherry ; dissolve half an ounce of isinglass in a quarter of a pint of water ; add to it a pint of cream and three ounces of sugar ; simmer it over the fire ten minutes, stirring it all the time ; then strain it into a jug ; when half cold, hold the jug high above the dish, and pour the cream over the sweetmeat ; let it stand to cool and stiffen.

1387. *Lemon Cream, without Cream.*

If cream cannot readily be procured, very good lemon creams may be served by rubbing off the outer rind of three lemons on six ounces of loaf-sugar in pieces, and squeezing over them the juice of two of the lemons till the sugar be dissolved ; then beat up the yolks of six eggs very well, and strain them, and put over the fire in a silver or enamelled saucepan with the lemons and a glass of sherry ; stir it for a quarter of an hour till thick, but not boiling ; then pour into glasses, and let it stand to be cold.

1388. *A Good Trifle.*

Lay at the bottom of the trifle-dish a quarter of a pound each of macaroons, ratafia cakes, and sponge-biscuits, and pour over them two glasses of Madeira or sherry and one of brandy, and leave them to soak up the liquor ; pour over them a pint of the cold custard (No. 1403) ; cover with a layer of strawberry jam ; then make a whip of a pint of cream warmed over the fire with two ounces of sugar and another glass of wine strained, and when cold, whisked into froth, which as it rises must be taken off and laid on a reversed sieve some hours before needed ; lay this whip over the trifle piled high, and ornamented with pink comfits.

1389. *Swiss Trifle.*

Blend four teaspoonfuls of ground rice into a smooth batter with two tablespoonfuls of cream ; put over the fire a pint of cream, the grated rind of a lemon, and six ounces of sugar, and simmer for fifteen minutes, stirring it continually, and adding the ground rice carefully ; pour it out to cool, and when nearly cold add the juice of a lemon mixed with two tablespoonfuls of brandy ; pour it over a quarter of a pound each of macaroons and ratafia cakes soaked in brandy, and let it stiffen ; then ornament with split blanched almonds.

1390. *Apple Trifle.*

Scald a dozen fine apples, and pulp through a sieve ; beat up the pulp with the grated rind of half a lemon, two ounces of sugar, and a glass of brandy, and spread over the bottom of the trifle-dish ; put over the fire half a pint of milk, half a pint of cream, two ounces of sugar, and make into a custard with the yolks of three eggs ; when it is nearly cold, cover the apple with it, and let it stiffen, and cover with whipped cream as in trifle No. 1388.

1391. *Royal Trifle.*

Make one pint of calf's foot jelly (No. 1424), and pour it warm into the trifle-dish over a layer of macaroons, ratafia, and other small biscuits mixed ; boil a pint of cream with three ounces of sugar, the rind of half a lemon grated, with a quarter of an ounce of isinglass dissolved in water ; when nearly cool, pour this over the jelly, and as it begins to set, ornament it round with macaroons soaked in wine, and *compôte* of any pretty fruit alternately ; then make a whip of a quart of thick cream, the rind of two lemons grated, three ounces of sugar, and a glass of sherry, and as it froths pile it high over the trifle in a rocky form till all the cream is consumed.

This is a beautiful and delicious trifle.

. 1392. *Devonshire Clotted Cream.*

The celebrated clotted cream of Devonshire is made by straining the new milk into a large metal pan, and allowing it to remain unmoved for ten or twelve hours ; then the pan is

placed over a very slow fire at such a distance as to heat without boiling or even simmering till the cream forms a thick solid mass on the top, which is removed when cold.

This clotted cream is sent even to London when the weather is favourable, as a favourite delicacy ; and is also used by the dairymen to churn, or rather to beat with the hand, into the rich short butter of Devonshire.

The well-known Devonshire junket owes its peculiar richness to this clotted cream, which, however, may be successfully imitated in any district by observing the same plan.

1393. *Devonshire Junket.*

On a trifle-dish, over two ounces of pounded sugar and a teaspoonful of pounded cinnamon, pour a glass of brandy, and blend well till the sugar is dissolved ; then add a pint of quite new milk, and a dessertspoonful of rennet to set it ; as soon as it begins to stiffen, cover the whole with the clotted cream, and sift powdered sugar over it. Serve cold.

1394. *London Syllabub.*

Put into a large bowl a pint of sherry or Madeira, four ounces of powdered sugar, and half a nutmeg grated. Then milk upon it two quarts of milk, and serve it frothed ; or milk into a jug, and immediately pour the milk through a strainer, from a good height upon the wine, by which the perfect cleanliness of the milk is insured. This is also the syllabub of the north, always finished under the cow.

1395. *Staffordshire Syllabub.*

Put into a bowl four ounces of sugar, half a nutmeg grated, a pint of fresh cider, and a glass of brandy. Fill up the bowl with frothed new milk poured from a teapot spout high over the syllabub.

1396. *Somersetshire Syllabub.*

Put into a large bowl a pint of port wine, a pint of sherry, a teaspoonful of powdered cinnamon, and six ounces of powdered sugar. Pour over two quarts of new milk frothed. Let it stand twenty minutes ; then cover with clotted cream, ornamented with coloured comfits.

1397. *Lemon Syllabub.*

Rasp the rind of two lemons on three-quarters of a pound of loaf sugar in pieces, and pour over it the juice of five lemons, half a pint of sherry or sweet wine, and one pint of cream. Whisk the whole well for half an hour ; then fill glasses, and let it stand twelve or fifteen hours before serving.

1398. *Solid Syllabub.*

To a pint of thick cream add a pint of sherry or raisin wine, the rind of two lemons rubbed upon eight ounces of sugar in several pieces, and the juice of the two lemons. Whip it to a solid froth ; lay it on a muslin sieve for twelve hours ; then serve it in glasses.

1399. *Curds and Whey.*

To produce the curds, it is necessary to procure from the butcher the dried inner stomach of the calf, which, hung up in a cool place, and covered, to protect it from dust, lasts a long time for the purpose. A piece of this skin soaked in a quarter of a pint of hot water for four hours, produces the rennet, as the liquor is called, which is sufficient to curdle three quarts of milk.

Gallina curds are made from the rennet obtained from the dried and salted rough coating of the gizzards of poultry. This makes a more delicate curd than the common rennet. About the same quantity of the skin steeped in boiling water eight or nine hours produces the rennet.

Into four pints of new milk, rather warm, add a tablespoonful of rennet, and allow it to stand in a moderately warm place till the curd separates and becomes solid, and the whey or liquor is clear. This whey is considered highly beneficial as a diet in many cases ; and when eaten with the curd is thought to render it more digestible.

1400. *Curds and Cream.*

The most usual way of serving curds is to remove the curd with a drainer from the whey, and put it into a bowl, with rich cream made very sweet, and flavoured with a glass of wine

poured over it. Or, press the curd lightly after removing it from the whey, and put it into a mould; let it stand a few hours; then turn out into a dish, and pour round it a rich cream (No. 1374) or custard (No. 1403).

1401. *Custards.*

Custard being an important component part of so many delicate *entremets*, requires to be made carefully, and need not, unless the occasion demands it, be made expensively. The plain boiled custard usually sent in with tarts or puddings may be cheaply prepared.

1402. *A cheap Custard.*

Put into a saucepan three pints of new milk, with half the thin rind of a lemon and a small stick of cinnamon. Simmer it for twenty minutes, then strain it, and add three ounces of sugar, a spoonful of arrowroot or ground rice rubbed smooth in three tablespoonfuls of cold milk, and beat up with the yolks of three eggs, for ten minutes; then mix by degrees with a little of the hot milk, and pour into the rest. Pour backward and forward several times to mix; then stir it over the fire gently till it begins to thicken, taking care that it does not boil, or it would curdle. When thick, pour it out, and continue to stir till it gets cold, adding, if you choose, a dessertspoonful of the flavouring essence procured from a safe chemist, or a glass of wine or brandy, stirring it well in. It may be served in cups, in a bowl, or round the pudding it accompanies.

1403. *Good Custard.*

Put into a saucepan a pint of milk and a pint of cream, with a stick of cinnamon, two peach-leaves, and the thin rind of half a lemon, and let it simmer half an hour. Then strain and put on again with three ounces of sugar. Beat very well the yolks of six eggs, and mix gradually with the milk, stirring continually over the fire with a wooden spoon till it thickens, carefully avoiding to allow it to boil. Pour it out and add a glass of brandy, continuing to stir it till cold; then fill the custard-cups and serve.

1404. *Orange Custard.*

Pour over six ounces of sugar in a pan, the juice of six oranges, and let it simmer to a syrup ; then pour it out to cool. Beat up very well the yolks of six eggs, and mix with a pint of good cream. Set them over a slow fire, and stir continually till the custard thickens and begins to simmer. Mix the syrup gradually, and stir a few minutes longer ; then turn out, and stir till cold, when it can be transferred to the custard-dish or cups.

1405. *Lemon Custard.*

Beat the yolks of eight eggs for half an hour to froth, and strain them ; pour over them a pint of boiling water and the outer rind of two lemons grated. Make the juice of the two lemons into a syrup, with three ounces of sugar, and stir into the custard. Then set it over the fire, adding a glass of Madeira and half a glass of brandy, and stir till it thickens. Pour it out, and stir till cold ; then serve in cups.

1406. *Raspberry or Currant Custard.*

Make a rich syrup of a pint of raspberry or currant juice poured over eight ounces of loaf sugar. Skim it, and stir gradually into it over a very slow fire the well-beaten yolks of six eggs, and continue to stir for five or six minutes ; then pour it out, and as it cools stir in by degrees half a pint of cream and a tablespoonful of lemon juice. Serve in cups.

1407. *Apple Custard.*

Peel and cut into quarters two dozen good apples, and set them over the fire in a stewpan, with half a pint of cold water, till reduced to a pulp ; rub this through a tamis, and beat into it six ounces of powdered sugar and a tablespoonful of lemon-juice ; simmer over the fire, and mix in by degrees the yolks of eight eggs well beaten ; then pour it into a bowl, and set it in a pan of boiling water, stirring it continually till thick, and adding a tablespoonful of orange-flower water ; then pour it out, and stir till cool.

1408. *Almond Custard.*

Put over the fire a pint of cream with a stick of cinnamon, three bitter almonds, and the rind of a lemon rubbed on three ounces of sugar. Let it simmer for a quarter of an hour; then strain and leave it to cool. Blanch and pound four ounces of sweet almonds to a paste, with a spoonful of orange-flower water, and beat it up with the yolks of four eggs into a froth. Stir it into the cream over a slow fire for a few minutes till it thickens; then cool it, and serve in cups.

1408*. *An excellent Apricot Custard.*

Line a small baking-dish with very thin rich puff-paste; place over the bottom a layer of apricot jam, pour over it a table-spoonful of brandy, and fill up the dish with the almond custard above. Put it immediately into the oven: a few minutes will bake it. This is a most delicious custard.

1409. *Coffee Custards.*

Gently simmer over the fire a pint of new milk, with a pint of cream, and then add an ounce of fresh roasted coffee unground, and continue to simmer for twenty minutes to obtain the coffee flavour. Then strain the cream, and put it again over the fire, with three ounces of sugar and a quarter of a teaspoonful of salt. Beat up the yolks of eight eggs, and gradually mix with the milk, stirring the custard till thickened; then pour out, and stir till cold. Serve in cups.

1410. *Chocolate Custards.*

Pour two tablespoonfuls of boiling water over two ounces of rasped chocolate, and let it stand at the side of the fire till perfectly dissolved. Put it into a pint of milk mixed with a pint of cream, a pinch of salt, and three ounces of sugar, and simmer and mill over the fire for ten minutes; then add by degrees the yolks of eight well-beaten eggs, and mill to a froth while it thickens; then pour out to cool.

1411. *Vanilla Custards.*

Boil half a pod of vanilla, cut in pieces, in a pint of cream, with four ounces of sugar, for a quarter of an hour; then strain

through a muslin. Beat the yolks of six eggs very well, and pour the milk over them into a bowl,—placing the bowl over a pan of boiling water, and stirring it rapidly till it thickens. Let it cool gradually, stirring it continually. When cold, serve in a dish covered with the whipped white of eggs, sifted over with sugar.

1412. *Wassail Custard.*

Line the bottom of a custard-dish with alternate sponge-biscuits, macaroons, and ratafia cakes, and cover with any rich sweet wine and a glass of brandy, with the juice of a lemon. Let it stand half an hour, for the cakes to absorb the liquor ; then pour over the whole a pint of any good custard.

1413. *A good Tipsey-Cake.*

Take a stale sponge-cake of the size and form suitable to the custard-dish ; pierce it over with the point of a larding-pin, and by degrees pour over it as much sweet wine and brandy as the cake will absorb : use a ladle or spoon and take up the liquor that flows into the dish, to pour over again ; then stick it full of blanched almonds split into thin spikes, and pour round it a good rich custard. Serve as soon as possible.

1414. *Banbury Cakes.*

This favourite dish, though it enriched the receipt-books of our grandmothers, is still in fashion, and though now considered too rich for a tea-cake, is frequently used as an *entremet*.

Into half a pound of flour rub five ounces of butter, and make it into a stiff paste with cream ; roll it out thin, and cut into pieces three inches in length and about two inches broad. Have ready mixed a quarter of a pound of currants, two ounces of candied lemon cut in rings, an ounce of shred orange-flowers, a drachm of powdered cinnamon, two ounces of finely-chopped blanched almonds, and a quarter of a pound of sifted sugar. Strew these materials, well mingled, over half the pieces of paste, then cover with the other pieces, closing the edges of the puff neatly with white of egg ; ice them over with froth of egg and sugar, and bake in a moderate oven fifteen minutes. Serve piled on a dish, hot or cold.

1415. *ICES.*

Ices, which are now one of the cheap luxuries of the table, were, not many years ago, entirely confined to the wealthy who had the means of preserving the ice necessary for the freezing process. Now the ice imported by the Wenham Lake Co. is commonly purchased at a very moderate cost.

For ordinary purposes it is only necessary to procure an ice-pail and freezer.

When you want to use it, break up with a wooden mallet a few pounds of ice into powder, and throw amongst it two handfuls of powdered saltpetre, or three handfuls of salt; put this in the pail in a very cold place, and set the freezing-pot in the midst of the ice, which must fill up the vacancy round to the top; then put into the freezing-pot the cream, or whatever mixture you wish to have frozen. If this be one of the machine-pails sold by the Wenham Lake Co., you have only to turn the handle of the machine till the whole of the contents are equally frozen, which you will discover when the handle will no longer turn. In the old ice-pails, the cream had to be continually stirred with a spatula, to remove the frozen part at the edges to the centre, till all was frozen. Then the ice is ready to be transferred to glasses, or to fill a mould, which will, however, be required to be plunged into the ice and salt another hour to fix it completely.

1416. *Raspberry or Strawberry Cream Ices.*

Mix with a pound of strawberry or raspberry jam, the juice of two lemons, with a quart of cream, or a pint of milk and a pint of cream mixed; rub the whole through a tamis into the tin freezing-pot place it in the ice-pail, and stir till it is frozen. The pulp of fresh fruit, when in season, has a richer flavour, but will then require to be well mixed with eight ounces of powdered sugar. The cream must not be removed from the ice till wanted to serve.

1417. *Apricot Cream Ices.*

Take fresh and very ripe apricots and press out half a pint of juice; mix with it the kernels of six stones pounded to a

paste, with the juice of a lemon, four ounces of powdered sugar, and a pint of cream. Freeze, and serve it in a form or glasses. This is a most delicious ice; next to none but pineapple ice, which can only be obtained by a mixture of the juice of fresh pine-apples.

1418. *Almond or Ratafia Ices.*

Blanch two ounces of sweet almonds, and pound to a paste in a mortar, with a tablespoonful of rose-water and four ounces of sugar; stir this well into a quart of cream, and proceed to freeze as before. If the ratafia flavour be desired, substitute one ounce of bitter almonds for the sweet, and add a teaspoonful of lemon-juice; then freeze as above.

1419. *Vanilla Cream Ice.*

Cut into small pieces and pound with a tablespoonful of orange-flower water, half a pod of vanilla; then rub the paste through a muslin to extract the seeds, and mix with a pint of cream, three ounces of sugar, and the yolks of three eggs. Beat all well together over the fire for ten minutes; then turn out, and when cool, proceed to freeze as usual.

1420. *Currant- or Raspberry-water Ice.*

Water ices, which are more refreshing and wholesome than cream ices, are now used almost as extensively in England as on the Continent. They are generally made of the juice of fresh fruits, pressed out through a linen bag. Then to each pint of juice add half a pound of sugar, a quarter of a pint of water, and a dessertspoonful of lemon-juice. When well mixed, freeze it like ice cream, and serve in a glass bowl or in glasses.

1421. *Sherbet Ice.*

Rub the outer rind off three lemons upon eight ounces of sugar in pieces, pour over the sugar one pint of cold water, the juice of the three lemons, and of two sweet oranges. Take care that the sugar be perfectly dissolved. Shake all together, and freeze.

1422. *Peach-water Ice.*

Put into an enamelled pan half a pint of water, a pound of loaf sugar, the white of an egg beat to a stiff froth, and one peach kernel, and reduce it over the fire to a syrup ; remove the scum, and take it off to cool. Take out the peach kernel, and add to the syrup a pint of pure peach juice, pressed from very ripe fresh fruit. Freeze it as usual.

Apricot ice is prepared in the same way.

1423. *Rum Ice.*

Put into a pan one pound and a half of loaf sugar, on which is rubbed the outer rind of two lemons ; add the juice of one lemon and a quart of cold water. Stir it over the fire, and by degrees stir into the sherbet the whites of six eggs beat to a solid froth. Before it begins to simmer, pour it out to cool, add half a pint of rum, and freeze it to serve in glasses.

CHAPTER XXIII.

*JELLIES, BLANCMANGES, &c.*1424. *Calf's-foot Jelly.*

IN all classes of society it is desirable that some one of the family should be able to make jelly properly, as, if not needed for the table, it is often required in the sick-room; and we would recommend every young lady, though her station may not call on her to be usually in the kitchen, to acquire the useful art of making the preparations necessary for the sick.

The set, or gang, as the butchers name them, of calfs'-feet must be scalded, the hair scraped off, the feet carefully split, and all the fat removed; put into a pan with five quarts of cold water, and allow it to boil slowly till reduced to two quarts; then take out the feet; pour out the jelly, and let it cool, when you can remove the scum and fat, as well as the sediment; then beat up the whites of eight eggs to a froth, and add to it a bottle of good sherry, the juice of six lemons, and the peel of three, with two pounds of sugar; put the stock again over the fire, and when hot mix a little with the wine and eggs, stirring it to prevent it curdling; then add a little more, and put all into the pan with the shells of the eggs crushed, and let it simmer twenty minutes, never stirring it when over the fire; take it off, and let it stand to settle a few minutes.

Have the thick flannel jelly-bag, of a conical form, dipped in hot water, squeezed dry and suspended near the fire, with a bowl beneath to receive the jelly, and let it run through the bag; if not clear the first time, pour it back gently into the bag till it runs clear: when cleared and cool, pour it into earthenware moulds or into glasses.

After all the jelly has been run through the bag, pour in a

pint and a half of boiling water; let it run into a jug, and stand to be cold. It will be a very pleasant sherbet.

1425. *Colouring for Fancy Jellies, Creams, &c.*

However ornamental coloured sweetmeats may appear at dinner or dessert, it should be peremptorily enforced on the cook that this elegance should not be obtained at the risk of health. The pages of recent medical works have shown us that in bought confectionery the colouring matter is almost universally of a deleterious, often of a poisonous nature. Simple vegetable colourings should only be permitted. Of these we can safely recommend, as below:—

For *red*, it is usual for cooks to boil fifteen grains of cochineal in the finest powder, with a drachm and a half of cream of tartar in half a pint of water very slowly for half an hour, adding a piece of alum as large as a pea. The cochineal insect may be used in safety in such a small quantity; but we would rather recommend the juice of beet-root drawn out over the fire in a little water, with the addition of a squeeze of lemon-juice.

For *green*, a beautiful colour may be obtained from the expressed juice of spinach-leaves.

For *yellow*, if a transparent colour be required, orange or lemon jelly dissolved; if opaque, the pounded yolks of eggs.

For *white*, pounded almonds, arrowroot, or pure clear materials, as in silver jelly (No. 1431).

1426. *Orange Calf's-foot Jelly.*

Rub off the rind of two Seville oranges and two lemons on eight ounces of sugar, and pour over it a pint of sweet orange-juice and two tablespoonfuls of lemon-juice, and put it over the fire with a quarter of a pint of water till reduced to a rich syrup; remove the scum, and add a quart of good strong calf's-foot stock; let it simmer for twenty minutes; then run through the bag till perfectly clear. This jelly is beautiful for colouring, and must always constitute one of the parts of the much-admired marble jelly. It is usually poured into a mould rather than glasses; and if not easily turned out, dip a napkin in hot water, and cover the mould for a minute, which will loosen the jelly without danger.

1427. *Apple Calf's-foot Jelly.*

Boil four pounds of fresh-gathered sliced ripe apples in a quart of water for an hour; then strain through a jelly-bag; pour the juice over another pound of sliced apples; set over the fire, and simmer for half an hour; then run through the bag again, and leave to cool; then take a quart of good stock, and set over the fire with eight ounces of sugar, the rind of a lemon, two tablespoonfuls of the juice, the juice drawn from the apples, which should be about a pint, and the beaten whites and crushed shells of eight eggs; simmer for a quarter of an hour, then run off through the jelly-bag till clear, and pour into moulds to cool.

No wine is necessary in this jelly unless expressly desired, for it is always much liked without.

1428. *Lemon Calf's-foot Jelly.*

Rub off on three-quarters of a pound of sugar, in pieces, the outer rind of two lemons, and pour over the sugar a pint of lemon-juice; put this over the fire with a quart of good stock, the frothed whites of six eggs, and the shells crushed; simmer over the fire a quarter of an hour; then run through the jelly-bag till transparent and perfectly clear, and pour into a mould without the addition of wine.

1429. *Marasquino Jelly with Strawberries.*

This delicious jelly (*Gelée au marasquin garnie de fraises*) requires much attention, as it is usually a festival dish. Make a rich syrup of three-quarters of a pound of sugar, upon which the outer rind of half a lemon has been rubbed, the juice of an orange, a peach, and a lemon, with a tablespoonful of orange-flower water; put this over the fire with a pint and a half of very good stock, the kernel of a peach-stone bruised, the whites beat to a froth, and the crushed shells of eight eggs, and half a pint of marasquino; simmer ten minutes, and run through the jelly-bag till clear, putting in before it cools several large fresh strawberries; then pour into a mould.

1430. *Strawberry Jelly.*

When calves' feet are not readily had, it is now common to prepare jellies promptly and of excellent quality, of isinglass or gelatine procured from the chemists, though it is probable they are not so highly nutritious as those made of calves' feet.

True isinglass is made from the swimming-bladder of the sturgeon, and is sold in fine shreds, which dissolve in water, and have the quality of making a transparent jelly when cold.

Gelatine obtained from the bones and hoofs of oxen, dried and cut in shreds, has a like quality; but it is difficult to overcome the disgust from the smell when first dissolved, which resembles glue. We therefore prefer isinglass, which is a little more expensive.

For strawberry jelly, you must first strew three-quarters of a pound of fine-powdered sugar over a quart of fresh strawberries, and let them stand some hours; dissolve two ounces of isinglass by covering it with a pint of water and placing it in a covered pan over a slow fire, taking care to remove it as soon as dissolved, and do not allow it to burn; let it cool; then drain the syrup from the strawberries, and add a pint of fresh red-currant juice and a tablespoonful of lemon-juice; stir in the isinglass; set it over the fire, simmer for five minutes; then strain it through a thick muslin strainer two or three times till quite clear, and fill the moulds.

1431. *Silver Jelly au Marasquin.*

Dissolve one ounce and a half of isinglass in a pint of spring water, add half a pint of lemon-juice, ten ounces of sugar broken small, on which rub off the thin outer rind of two lemons, and the frothed whites and the crushed shells of six eggs. Let these simmer for five minutes; then pour in a pint of maraschino, and simmer five minutes longer. Draw the pan from the fire to allow the sediment to settle; then pour the jelly through the usual jelly-bag till it is perfectly clear, and fill the mould. When turned out, it ought to be as transparent and colourless as crystal.

1432. *Cranberry Jelly.*

Dissolve one ounce of isinglass in three-quarters of a pint of water ; then draw out over the fire and press the cranberries, and add the isinglass jelly to a pint and a half of the juice, a dessertspoonful of lemon-juice, six ounces of sugar, and the whites and crushed shells of four eggs. Simmer ten minutes ; then strain through muslin till clear, and fill the mould.

1433. *An excellent Apple Jelly.*

Cut two pounds of Keswick codlins into quarters without peeling, throwing them into cold water as you cut them. Then put them into a preserving-pan, with a quart of fresh cold water, and boil till they become a pulp, adding as the apple boils one pound of loaf sugar, and half a pod of vanilla cut in pieces and tied in muslin to prevent the seeds from mixing. Then run it through a jelly-bag : it must stand some hours to allow it to pass through completely. It must then be simmered over the fire twenty minutes to jelly, and poured into the mould.

1434. *Punch Jelly.*

Dissolve an ounce and a half of isinglass in a pint of boiling water. Rub off the peel of two lemons on ten ounces of loaf sugar, and pour over it the juice of three lemons and one Seville orange, a quarter of a pint of rum, and a quarter of a pint of brandy. Put it over the fire, and pour the dissolved isinglass in, and simmer three or four minutes,—not longer ; then pass the liquor through a silk or muslin sieve into the mould.

This is a favourite winter jelly.

1435. *Jelly of Four Fruits.*

The celebrated jelly of four fruits is usually made from strawberries, raspberries, cherries, and red currants in double proportion, as affording the largest quantity of pure juice.

Draw out the juice of a quarter of a pound each of strawberries, raspberries, and cherries, and half a pound of red currants, over the fire, and strain them. Then add a syrup made with three-quarters of a pound of sugar and one ounce

of isinglass dissolved and clarified. Put it over the fire for five minutes, and add a glass of curaoa. Strain it through muslin into a mould ; ice the mould immediately before turning out the jelly to serve.

1436. *Marble Jelly.*

Take any pieces of orange, strawberry, and apple jelly of irregular form and size, and throw into a mould, shaking them together. Then fill up the mould with silver jelly, or any transparent colourless jelly, as cool as it will remain liquefied. Let it remain to be well mixed, and if tastefully arranged, this will be a pretty form of jelly.

1437. *Calf's-foot Jelly of Four Fruits whole.*

Melt a pint and a half of apple jelly (No. 1427) ; pour a little into a mould, and place in the jelly, with taste, large strawberries and full branches of white currants ; then pour in more jelly, and add white raspberries, and bunches of red currants, and fill up the mould with the jelly. When cold and turned out, this is a beautiful *entremet*. If these fruits are not in season, any fruits preserved whole, or slices of preserved peaches or apricots, may be arranged in any transparent and light-coloured jelly.

1438. *Pineapple Jelly.*

Cut a fresh pine in slices ; cover them with powdered sugar, and leave them a few hours ; then pour off, and strain to obtain a pint of the syrup. Dissolve an ounce of isinglass in a pint of water and clarify it ; pour it over the syrup and simmer five minutes over the fire ; add a glass of curaoa, and pour into a mould shaped like the pineapple. It will require to be very carefully turned out, and will then be very elegant.

1439. *Almond Jelly.*

Pound in a mortar four ounces of sweet, and half an ounce of bitter almonds, with a tablespoonful of brandy. Make a syrup of ten ounces of sugar, and stir in the almonds ; simmer for five minutes ; then run it through a tamis into two pints of good warm stock ; add two glasses of curaoa, and fill your moulds.



Marble Jelly

Maraschino Jelly with Strawberries

Jelly of Four Fruits

Strawberry and Currant Salad

1440. *Lemon Sponge.*

Dissolve half an ounce of isinglass in a quarter of a pint of boiling water ; rub the rind off a lemon upon twelve ounces of sugar, and pour over it the juice of eight lemons ; when the isinglass is as cool as it can be to continue liquid, pour it into the lemon, stir it together, and whisk into a stiff spongy froth ; put it into a mould lined with a damp muslin, and let it stand several hours, then turn out.

1441. *Orange Sponge.*

Dissolve an ounce of isinglass in half a pint of boiling water, and leave to cool ; then strain it, and add to it the juice of four sweet oranges and three Seville oranges, with a clarified syrup made of ten ounces of sugar ; whisk it up to a sponge ; put it into a mould, and let it stand till wanted.

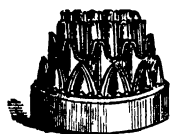
1442. *Nesselrode Pudding.*

Each celebrated cook has his own version of the universally-admired Nesselrode pudding ; but in all its varied forms the component parts are the same, the principal ingredient being chestnuts.

Blanch three or four dozen good chestnuts, leaving them in boiling water till tender ; pound them in a mortar with a pod of vanilla, a pound of sugar, and a glass of maraschino ; stir this into a quart of thin cream or new milk, and beat up well with the yolks of ten eggs ; stir this over the fire till it thickens to a custard, then freeze it in a freezing-pail to the firmness of iced cream ; stone two ounces of raisins, shred two ounces of candied citron, and add to these two ounces of currants ; pour over them a quarter of a pint of maraschino, and leave them for twelve hours ; then mix them with the pudding, adding half a pound of sugar reduced to syrup, and beat into the whites of six eggs ; whipped to solid froth with one pint of whipped cream ; mould the pudding ; freeze it, and turn out when needed.

1443. *BLANCMANGE.*

The various preparations of cream included in the term of blanchmange, or more correctly blanchmanger, are not, as might be concluded, all white, but varied in colour and material; though cream must form the foundation.

1444. *A plain Preparation of Blanchmange.*

MOULD.

Boil for a few minutes a pint and a half of new milk, with an ounce of isinglass, the outer rind of a lemon, a stick of cinnamon, and four ounces of loaf sugar, with six pounded bitter almonds; pour it through a muslin sieve into a bowl, and continue to stir it till it begins to thicken, when you must pour it into a mould dipped in cold water, and leave it in a cool place to set.

1445. *Arrow-root Blanchmange.*

Infuse two ounces of arrow-root in cold water for twenty minutes; then pour off the water, and blend the arrow-root with a tablespoonful of cream or orange-flower water. Boil a quart of new milk with four ounces of sugar, half a lemon-peel, a stick of cinnamon, and a teaspoonful of ratafia or pudding-flavour. Pour the milk over the arrow-root, stirring it continually till cool; then pour into a mould and leave it to set.

1446. *Ground Rice Blanchmange.*

Mix gradually four ounces of fine ground rice with a pint and a half of good new milk; if a part of this be cream, it greatly improves the blanchmange. To this add three ounces of powdered sugar, and a teaspoonful of ratafia or pudding-flavour. Stir it over the fire, continually beating it to prevent it running into lumps, and simmer it for thirty-five minutes; then pour it into a mould dipped in cold water, and leave it in a cool place to set.

1447. *Jaune Mange.*

Pour a pint of boiling water over two ounces of isinglass, and leave it to cool. Extract the essence of the outer rind of

a lemon on four ounces of sugar, and pour over the sugar the juice of three good oranges and two lemons; add the yolks of eight eggs well beaten, and a pint of sherry or raisin wine. Then pour in the dissolved isinglass, and simmer for five minutes gently over the fire; pour it through a muslin strainer into moulds dipped in water, and leave it to stand a day before turning out.

1448. *Jaune Mange, the Flummery of old Cookery.*

Boil two ounces of isinglass and the thin rind of a lemon very gently for half an hour in a pint and a half of water. Let it stand till nearly cool, then add six ounces of sugar, on which the thin rind of a second lemon has been rubbed, and the juice of three lemons. Beat up the yolks of seven eggs, with a pint of any white wine; stir all together and strain into a bowl, place the bowl in boiling water and stir one way for five minutes. Take out the bowl, but continue to stir till it is nearly cool and beginning to stiffen; then pour it into a mould, previously dipped in cold water, and leave it for a day in a cool place.

1449. *Lemon Blancmange.*

Rub the rind off two lemons on four ounces of sugar, and add the juice. Dissolve half an ounce of isinglass in half a pint of water, and strain it when luke warm over the lemon and sugar, stirring them well together. Beat up the yolks of four eggs with half a pint of cream; mix all together in a bowl, place it in a pan of boiling water, and stir for five minutes over the fire, and then till nearly cold, when it may be transferred to a damp mould.

1450. *Strawberry Blancmange.*

Bruise a quart of fresh strawberries and strew over them six ounces of powdered sugar, and leave them for a few hours, then strain off the syrup. Simmer over the fire a pint of new milk with two ounces of isinglass for twenty minutes; strain it through muslin, and add a pint of cream, cold, two ounces more of sugar over which a tablespoonful of lemon-juice has been poured, and the strawberry-juice. Beat all well together till the sugar be dissolved, and all well mingled; then fill the mould, and leave it in a cool place for a day before you turn it out. Any other fruit may be used for this *entremet* or *bavarois*.

1451. *Bavarois of preserved Apricots.*

Dissolve an ounce and a half of isinglass in a quarter of a pint of water, strain, and put it over the fire in a pint and a half of cream. Over six ounces of smooth apricot jam, removing the kernels, pour the juice of a lemon, and blend it well with a quarter of a pint of cream. Then stir all together for five minutes, rub through a coarse muslin strainer, and continue to stir till nearly cold, then pour into a mould.

1452. *Bavarois à la Vanille.*

Cut up a pod of vanilla into half a pint of milk with an ounce of isinglass, and simmer it for half an hour, strain, and leave to cool. Whip a pint of cream to froth, with four ounces of sugar, and mix with the isinglass add the yolks of three eggs well beaten, then the whites whisked to froth. Beat all together for three minutes over the fire, take it off, and continue beating till half cold ; then pour into a damp mould to stand till fixed.

1453. *Bavarois au Café.*

Boil four ounces of fresh roasted unground coffee in a pint of cream, with six ounces of sifted sugar. Simmer for five minutes after it begins to boil, then add one ounce of isinglass, dissolved in a quarter of a pint of cream, and simmer five minutes longer. Strain through muslin into a damp mould, and let it stand twelve hours.

1454. *Lemon Solid.*

Dissolve three quarters of an ounce of isinglass over the fire in half a pint of cream, with seven ounces of sugar, on which has been rubbed the rind from one lemon and a half. Do not let it boil, but when it begins to simmer, stir in a pint more of cream and a glass of brandy ; stir it for three minutes, then pour it through a muslin sieve into a bowl to cool, stirring it all the time, and when nearly cold beat in the juice of two lemons. Pour into a damp mould, and let it stand twelve hours.

1455. *Apple Solid.*

Dissolve half an ounce of isinglass in half a pint of water, strain, and leave it cool. Pare and slice a pound of apples, and set over the fire with ten ounces of sugar, the rind of a lemon, and a glass of sherry. When reduced to pulp, rub them through a tamis, beat half a pint of cream to froth and stir into the apples, with the juice of a lemon, over the fire ; add the dissolved isinglass, and stir round for three or four minutes ; turn out to cool, stirring a few minutes more ; then pour into a mould, and leave twelve hours.

1456. *Ratafia Solid.*

Boil a quart of cream with two ounces of sugar and the grated rind of half a lemon, and pour it over three quarters or a pound of macaroons, and one quarter of a pound of ratafia cakes ; let them stand, stirring them till dissolved and half cool ; then stir in an ounce of isinglass dissolved in a quarter of a pint of milk, and continue to stir till well mixed. Fill the moulds, and leave to set.

1457. *Raspberry or Red Currant Solid.*

Dissolve three-quarters of an ounce of isinglass in a quarter of a pint of water ; strain, and leave it to cool ; dissolve half a pound of raspberry or strawberry jelly with a pint of cream and two ounces of sugar ; then beat them till well incorporated, and when all are half cooled stir in the isinglass thoroughly, and fill a damp earthenware mould, as metal would injure the rich colour, and leave to cool.

1458. *Apple Snow.*

Put into a pan, without paring, twelve large apples, with the rind of a lemon, the juice, and a pint of cold water ; set them over a slow fire, and boil gently till the apples are perfectly soft, but not broken ; drain them over a sieve, and when cool, put the pulp clear of seeds into a bowl, and beat it up to a strong froth ; beat the whites of twelve eggs to a solid froth with ten ounces of sifted sugar ; then beat the apple and eggs together till they resemble stiff snow ; heap this on a dish as high as

possible ; put a small green sprig into the middle, and serve as soon as possible that it may not fall.

1459. *Œufs à la Neige.*

Whip the whites of eight eggs to solid froth with two ounces of powdered sugar ; boil a pint of milk, and place on it while boiling with a perforated egg-spoon a portion of the froth, or as many portions as will remain apart on the milk, and as each egg becomes set, turn it over that both sides may be done ; take them out, and drain on a sieve till the froth be all used ; then fill a custard dish with rich custard, and place, over the custard, the snow eggs which ought to look very elegant.

1460. *Rice Solid.*

Put into a pan four ounces of ground rice, three ounces of sugar, one ounce of butter, and a pint of milk, and a pint of cream ; flavour with a teaspoonful of pudding-essence, ratafia, or a glass of brandy, and simmer over a slow fire for half an hour, stirring it continually ; then pour into a custard-dish, and set it in a cool place to stiffen, and whisk a pint of cream into solid froth to cover it.

1461. *Lemon Honeycomb.*

Put into a dish the juice of a good-sized lemon with two ounces of powdered sugar ; whisk the white of one egg, a pint of cream, and an ounce of sifted sugar into stiff froth ; skin it off as it forms, and lay it upon the lemon-juice till all the cream is exhausted. Let it stand a day before you serve it. This is a cheap and pretty dish.

1462. *Charlotte Russe of Apples and Apricots.*

Line a plain mould with Savoy biscuits dipped in clarified butter, exactly placed upright, to join so that the contents of the Charlotte do not escape ; cut off the ends to make it stand firm ; fill the mould with fresh apple jelly, or marmalade, with a spoonful of apricot jam, or raspberry jelly in the centre ; cover the mould with buttered biscuits closely as at the sides ; put a dish over it, and bake for half an hour in a quick oven ; then turn over out of the mould, and serve hot.

Pieces of bread cut in 'lozenges, or any other form, and dipped in butter may be substituted for the biscuits, but care must be taken that they fit exactly.

1463. *Charlotte à la Parisienne.*

Line a buttered mould neatly and entirely with slices of sponge-cake, mixed with white of egg and sugar; then cover the bottom with half an inch of calf's-foot jelly (No. 1424); let it set, and then cover with macaroons, then a layer of apricot jelly, then ratafia-cakes; then a rich lemon cream (No. 1369), and fill up with another layer of sponge-cake; let it stand in a cool place some hours, if possible in ice; then turn out, and brush over with the icing (No. 1128); pass a salamander over to harden the icing, but not to brown it. Other preserved fruit or cake may be substituted, or whipped cream instead of the upper layer of cake; but this receipt has been satisfactorily tested. Care must be taken to cement the slices of cake well; or we have seen a rich almond cake scooped out and filled as above, and finished with whipped sweetened cream.

1464. *A Floating Island.*

Half fill a dish with rich custard; then place in the centre a round slice of stale sponge cake, covered with any red jelly, then a smaller round of cake, with apricot jam; alternately place the rounds of cake, each smaller than the last, and sweetmeats of varied colours till you form a pyramid. Whip sweetened cream for the summit.

1465. *A Sea of Floating Islands.*

Half fill a large circular glass dish with spinach cream; boil and pulp three or four fine apples, and beat up the pulp with the whites of two eggs, two ounces of sugar, and a spoonful of orange-flower water to a stiff froth or foam; lift it up in spoonfuls and drop into the cream in several places. To vary this dish you may use raspberry or any red coloured jelly to whip with the cream, and float the islands on almond or any white cream.

1466. *Sweet Macaroni.*

Into a pint of boiling milk put three ounces of macaroni with the rind of a quarter of a lemon and a small stick of cinnamon ; simmer till the macaroni is quite tender, which will be in twenty minutes or half an hour ; take out, and drain the pipes ; put them in a custard dish ; pour over a good custard, hot, and serve immediately.

1467. *Pommes au Beurre.*

Pare and core eight apples of equal size ; leave them whole, and fill up the middle with powdered sugar and a piece of butter, and put the apples into a stewpan with three ounces of butter, stewing them gently till tender, but not broken, which may be more or less time, according to the quality of the fruit ; when ready, fill up the cavity in the apples with dissolved apricot or orange marmalade ; sift finely-powdered sugar thickly over them, and serve hot, with the syrup from the stewing round them.

1468. *Poires au Beurre.*

Select eight large baking-pears of equal size ; pare and core them carefully, not to break the smaller end ; fill with sugar, butter, and a powdered clove in each, and put in a stewpan with three ounces of butter ; stew as gently as possible till perfectly tender, which will not be probably for an hour ; then remove from the stewpan ; fill with warm raspberry jelly ; arrange on a dish in a star, with the smaller ends to the middle ; pour the syrup round, and finish the centre with a small heap of macaroons steeped in brandy.

1469. *Frosted Apples.*

Choose twelve apples of equal size ; put them in a pan of cold water over the fire with two or three vine leaves and a small piece of alum ; let them simmer gently till you can draw the peel off easily ; take them out, and remove the peel without using a knife ; dip the apples in clarified butter, and strew thickly over them beaten sugar not reduced to powder ; then put them on a baking-tin in a slow oven, and let them remain till the sugar sparkles as if frosted, but do not let the apples

break ; take them out, and let them stand to be cold. Then serve piled on a dish. A cheap and very elegant dish.

1470. *Gooseberry Fool.*

Put two pounds of unripe gooseberries into a stone jar, with half a pint of water, and half a pound of Lisbon sugar ; put the jar in a pan of boiling water over the fire, and stew till the fruit is reduced to jam, then pulp it through a sieve or colander, and stir into the pulp while warm another half pound of sugar, and mix it with a pint of cream and as much milk quite smoothly ; or if for children, the whole may be milk. This cheap and wholesome dish is always a favourite with children. It must be served cold. Rhubarb may be substituted in the spring.

1471. *Apple Fool.*

Stew the apples as directed for gooseberries, and add, if you choose, a quince, which is a great improvement. When stewed, draw off the peel before you pulp the fruit, which it is unnecessary to pass through a sieve if well beat. A little grated lemon may be added, and the cream or milk as before.

1472. *Black Caps.*

Take a dozen large French pippins or golden rennets, cut them in two, core, but do not pare them. Strew at the bottom of a baking-pan half a pound of Lisbon sugar and turn the divided apples on it, the flat side down. Sift over them powdered loaf sugar mixed with the rind of a lemon finely grated ; and put them into a quick oven for half an hour. Then heat half a pint of sweet wine, to which half an ounce of dissolved isinglass, a tablespoonful of lemon-juice, and an ounce of fine sugar have been added ; and when the apples are quite soft and black at the top, pour the jellied wine over them, and serve hot.

1473. *Pommes à l'Allemande.*

Pare and cut eight apples into quarters ; take away the pips, and put the apples into a stewpan with three ounces of boiling butter. Shake them for five minutes over the fire, till they are equally browned, then dredge them over with three ounces of

sifted sugar, and pour into the pan a quarter of a pint of any German wine. Simmer gently for twenty minutes, and serve the apples in the syrup.

1474. *Pommes à la Hollandaise.*

Pare and core a dozen small round apples, and prick them over. Make a good syrup of a pound of sugar, and a pint and a half of water, and when ready, put in the apples and set them over a very slow fire. As soon as the syrup begins to simmer, draw the pan to the side of the fire, and allow it to remain till the apples absorb the syrup and become clear, taking care that they do not break; then take them out and arrange in a glass dish. Add to the syrup in the pan a quarter of a pint of Dantzic *Eau de Vie*, or any other rich liqueur; mix it well, and serve round the apples.

1475. *Pommes aux Marrons.*

Roast thirty chestnuts, pulp, and pound them to paste, with three ounces of powdered sugar, and the juice of a lemon. Line a small mould with a thin layer of this paste, and spread over it apple jelly or marmalade, then more of the chestnuts, and fill the mould with alternate apples and chestnuts, pouring in at the last a glass of brandy. Cover and steam it for a few minutes; then turn out, and serve hot.

1476. *Pommes à la Vésuve.*

Boil four ounces of macaroni, broken into two-inch lengths, till tender; then pour off the water, and cover with two ounces of powdered sugar, and two glasses of brandy. Cover the pan, and let it stand a few minutes at the side of the fire, till the macaroni imbibes the brandy; then arrange the macaroni neatly round a dish of apple marmalade, piled high. Sift powdered sugar thickly over all, and on the top of the apple form a small hollow, lined with loaf sugar; fill it with brandy and set it on fire at the moment it is placed on the table.

1477. *Frangipane.*

This delicious creamy material is much used in French cookery for tartlets, with fruits, or biscuits, and in various confections, and is made immediately before using, as below.

Beat up very well six eggs, and put into a stewpan, with three tablespoonfuls of fine, very dry flour, two ounces of bruised macaroons, three ounces of sugar, on which the rind of a lemon has been rubbed, a tablespoonful of orange-flower water, and a pint of new milk. Stir it gently over a slow fire for twenty minutes, never allowing it to boil, and when thickened it is ready for use.

Poured over baked apples, pears, quinces, &c. ; this makes an excellent *entremet*.

1478. *Fairy Butter.*

Beat in a mortar the yolks of four hard-boiled eggs, three ounces of fine sugar, three ounces of butter, two ounces of blanched almonds, and a tablespoonful of orange-flower water. When reduced to a paste, mould and freeze it, and serve with sweet biscuits round.

1479. *Orange Butter.*

Take the juice of six oranges and the yolks of eight hard-boiled eggs, and pound in a mortar, with four ounces of sugar, a tablespoonful of orange-flower water, and four macaroons. When reduced to a paste, stir it over a slow fire for twenty minutes, till thickened. Dip a mould in water, and pour in the mixture, and when cold, turn it out and serve with biscuits.

1480. *A Chantilly Basket.*

This basket is made by lining a basket-mould with macaroons, united by a strong syrup of sugar and white of egg boiled together ; it must be left in a dry place till quite firm. Then turn it out, and serve filled with fruit, cream whipped, with apple snow, or dry or fresh fruits.

1481. *Gateau de Pommes.*

Put one pound of sugar into a stewpan with a pint of water, and let it boil to a thick syrup ; then add to it two pounds of apples pared and cored, the juice of one lemon and the outer rind, grated fine, and continue to boil it till stiff. Mould it to your taste, and when cold, serve it with custard.

1482. *Gateau de Fruits.*

Put into a stewpan half a pint of fresh red currant juice, half a pint of raspberry juice, and a tablespoonful of apple, quince, or apricot jelly, with four ounces of ground rice, and a tablespoonful of lemon-juice. Stir over the fire for twenty minutes, or till quite thick ; then put it into a mould, and when cold, turn out, and serve with whipped cream round it.

1483. *Gateau aux Abricots glacés.*

Divide, and draw the skin off two pounds of apricots ; lay them on a dish covered with half a pound of powdered sugar. Make a syrup of half a pint of water and a pound of sugar, and when thick, stir in six kernels of the fruit pounded to paste, with a tablespoonful of curaçoa ; add the apricots and sugar, stir all together, and boil fifteen or twenty minutes ; then put into a mould, and place it in ice till you want to serve, then turn out.



CHAPTER XXIV.

DESSERT DISHES, CAKES, BISCUITS.

IN addition to the usual fresh fruits, ices, biscuits, &c., usually served at dessert, we add some elegant confections, several of which may be used also as *entremets*, as may be seen in the classified list.

1484. *Compote of Apples.*

Compotes of fruit of all kinds are used either for *entremets*, garnished with biscuits or pastry, or for dessert. They are usually served in deep glass dishes, known in the dessert services as *compotiers*. Pare a pound of golden pippins or any good apples, and core without breaking them; make a syrup of ten ounces of loaf-sugar, with half a pint of water; let it boil ten minutes to thicken; put in the apples, and simmer them for twenty minutes, or till soft without being broken; then turn it out into the *compotier* to grow cold, with the syrup round.

1485. *Compote of Pears.*

Make a syrup of ten ounces of sugar, half a pint of water, and two cloves; when boiled thick, take out the cloves, and add a glass of port wine; put one pound of good baking pears on the fire for a few minutes in boiling water till you can draw off the skin; core them, and put into the syrup; boil gently for twenty minutes or, if the pears be large, half an hour till they are tender; then turn out with the syrup.

1486. *Compote of Apricots or Peaches.*

Make a syrup of six ounces of sugar in half a pint of water; dip six or eight apricots or peaches in hot water, and draw off

the skins ; divide them, and take out the stones ; put them into the syrup with two kernels of the stones split, and stew gently for twenty minutes ; then turn out with the syrup into the *compotier* to cool.

1487. *Compote of Green Gooseberries.*

Make a syrup of eight ounces of loaf-sugar and half a pint of water, boiled till quite thick ; scald a pound of berries two or three minutes in boiling water ; then plunge them as long into cold water to restore the colour before you place them in the syrup ; boil ten or fifteen minutes ; then turn them out in the syrup.

Green grapes, plums, or apricots may be treated in the same way, and make *compotes* more agreeable even than those of the ripe fruit.

1488. *Compote of Chestnuts.*

Roast twenty or thirty chestnuts ; peel them, and put them into a pan with a syrup of four ounces of sugar and half a pint of water ; add the juice of a lemon and a glass of sherry ; simmer for ten or fifteen minutes ; then serve hot with powdered sugar sifted over them.

1489. *Stewed Peaches.*

Make a syrup of six ounces of sugar to half a pint of water, adding a tablespoonful of lemon-juice and the kernels of three peaches blanched and split ; draw the skin from six or seven peaches, and put them whole into the syrup ; stew gently for twenty minutes ; then arrange them on a dessert-dish ; turn the syrup and kernels out upon them, and leave to cool.

1490. *Stewed Apples for Dessert.*

The apples should not be pared : the French apples answer very well for stewing. Put one pound of apples into a pan with a quart of water and seven ounces of sugar, and stew very gently at the side of the fire for two hours and a half, unless the apples be large, when they will require another half hour ; then take out, and pour the syrup over to serve cold.

1491. *Bunches of Currants en Chemise.*

Choose the finest bunches of ripe red or white currants, and dip them into a mixture of equal parts of white of egg and cold water very well beaten ; then roll them in powdered sugar till completely covered, and lay them on paper in a warm place till they are dried and the sugar crystalized upon them.

Strawberries and raspberries or any small fruit may be thus pearled or crystalized, and look well at dessert.

1492. *Stewed Pears.*

Pare and divide two pounds of large baking pears, and put in an enamelled preserving-pan with six cloves, the rind of half a lemon, a pound and a half of sugar, and a quarter of a pint of water ; put the parings in to improve the syrup, but take them out in an hour ; cover the pan, and let it boil gently five or six hours, according to the size of the pears ; an hour before they are taken off add a glass of port wine ; turn out to cool.

These pears make a pretty dessert dish ; or, arranged in a star on a dish with whipped cream piled in the centre, can be used for an *entremet*.

1493. *Strawberry and Currant Salad.*

A pretty dessert dish may be made of mixed early fruits, strawberries, white or red currants, gooseberries, and cherries, all carefully picked, placed in alternate layers strewed with sugar, and piled up with taste. Either simple cream, or wine or brandy cream, should be poured over the salad.

1494. *Orange Salad.*

Remove the peel and inner white skin from the oranges ; cut them up across in horizontal slices ; lay them on a dish covered with powdered sugar, and pour over them sherry, Madeira, or brandy.

1495. *Prunilla.*

Put two pounds of fine Orleans plums into a jar, and place in the oven for fifteen or twenty minutes till you can easily

remove the stones. In another jar place for the same length of time one pound of apples pared and sliced, with a tablespoonful of lemon-juice; then boil the plums and apples together for three-quarters of an hour with a pound and a half of sugar, and pour out into small moulds or on dishes to dry, and when firm, cut into dice or lozenges, and place before the fire to dry on a sieve. This makes pretty confections for dessert.

1496. *Roasted Chestnuts.*

Boil the chestnuts eight or ten minutes, and when nearly cool, rub them, and cut off a small portion of the outer shell at the point to prevent their bursting; then put them in a chestnut roaster over the fire, or in a Dutch oven before the fire for a quarter of an hour, or till soft through; then serve them quite hot, folded in a napkin.

1497. *Sugared Almonds.*

Make a syrup of one pint of water to a pound of sugar, and when boiling, stir in blanched Jordan almonds for ten minutes; take them out, and dry, and reduce the syrup one half; then dip the almonds in again for a minute, and with the thick syrup adhering to them, dry them on an inverted sieve in a warm place, and store in a tin box.

1498. *Sweet Cakes and Biscuits for Dessert.*

Of cakes and biscuits composed chiefly of sugar, flour, butter, and eggs, the varieties are innumerable, and though these rich dainties are banished from the diet of the dyspeptic or the abstemious, as unwholesome and unnecessary, they may be usually eaten and enjoyed with perfect safety, when carefully prepared, and taken in moderation, especially the lighter biscuits of sugar and egg. No one but a schoolboy would eat a whole slice of rich plum cake; and what cannot a schoolboy digest?

In making cakes great accuracy is indispensable, and let no cook hope to succeed without having weights and measures at hand, and never forgetting to use them.

To insure cakes being light, you must first have all the materials fresh, good, and perfectly dry; the sugar pounded to

; the peels sliced thin, or grated fine ; next the
 e separated, whites and yolks, and beat or whisked
 froth ; and lastly, the oven heated to the right
 , which must be kept up till the baking is done.
 ; only the small sugar biscuits that require a slow
 n no case should the cakes be moved, or indeed
 ened during the process of baking ; and in large
 er should always be laid over the top to prevent
 A hoop, or case of paper, should always, if
 preferred to a tin, for baking in.

1499. *To beat Eggs for Cakes.*

, cups ready and break each separate egg over one
 dividing the yolk from the white by passing it from
 one half of the shell to another, allowing the white to fall into
 the first cup and putting the yolk into the second. Remove
 with a fork any speck in the egg, and then transfer to two
 shallow bowls for beating. When you have thus broken the
 eggs you require, beat the yolks till they are light and frothy
 with a fork lightly swept through the egg ; but whisk the whites
 into a solid froth till no liquor appears at the bottom of the
 bowl. You may then set them aside in a cool place for use.

1500. *To Cream Butter for Cakes.*

For all large cakes compounded of many ingredients, the
 butter must be reduced to cream, not melted by heat ; this is
 done by beating it in a bowl with the hand, or with a wooden
 beater, drawing off the water as you beat, till it is reduced to
 a smooth cream.

1501. *To Blanch Almonds.*

Put the almonds in a pan of cold water over the fire, and
 let them remain until the water is about to simmer : do not
 allow it to boil. Then take them out and draw the skins off,
 throwing the almonds into a basin of cold water as you peel
 them to preserve the colour, and dry them with a soft napkin.
 Almonds must always be blanched before pounding.

1502. *Caramel.*

Put into a preserving pan a pound of finely pounded and sifted sugar, and half a pint of water; beat it with a wooden spoon over a small fire till it boils, carefully removing the scum; when it is perfectly liquefied, strain it through a tamis, and place it again over the fire till it will harden when dropped into cold water. It is then ready for use to cover ornamented pastry or cakes.

1503. *Icings for Cakes.*

Pound and sift eight ounces of fine sugar; beat up the whites of four eggs to a solid froth, stir in gradually the sugar, with a tablespoonful of rose-water; beat them well together for a minute or two before using. Before you ice the cake, which should be half an hour after it is drawn, dredge it over with flour, and remove this directly with a clean soft napkin, that the greasiness of the outside may be absorbed. Heap the prepared icing on the cake, and spread it evenly over the whole cake with a broad ivory knife, which must be occasionally dipped in cold water. The quantity in this receipt will suffice to make a moderately thick icing over a pound cake; but if the cake be larger or you wish a thick icing, the quantities of sugar and egg must be increased. After it is iced, put it to dry in a very cool oven, from half an hour to an hour.

1504. *Almond Icing.*

The almond mixture which forms the first coating over a bride-cake or christening cake, must afterwards be completed by the white or sugar icing over it. It is too costly and rich to be used on plum-cakes for common occasions.

Blanch a pound of sweet almonds and four ounces of bitter almonds. Then pound them two or three at a time in a marble mortar, adding as you proceed a little rose-water, half a teaspoonful at a time to prevent them oiling, and a pound of powdered sugar till all is reduced to a perfectly smooth paste. Beat the whites of eight eggs to a solid froth; then beat into the eggs, first eight ounces of finely sifted sugar, then, by degrees, the almond paste till the whole be thoroughly mixed. Spread it thin over the cake in the same way as a sugar icing

and dry it for an hour in a cool oven. This icing should be from half to three quarters of an inch thick. When it is perfectly dry, spread over the white sugar icing and dry again.

1505. *A Wedding Cake or Bride Cake.*

It is usual to order the important wedding cakes to be made at a confectioner's; but we have seen wedding cakes made at home which were equal if not superior to any purchased. Of course this preparation requires great care and attention; but in a large family with skilful and ready hands, it is usually a pleasant labour.

In the first place have all the materials in readiness as below.

Four pounds of white sifted flour, very dry; four pounds of butter, washed in cold water; four pounds of clean picked currants; one pound of almonds bruised, but not to paste, with two spoonfuls of orange-flower water; half a pound of candied orange, half a pound of candied citron, half a pound of candied lemon—all in thin slices; a quarter of an ounce of cinnamon, a quarter of an ounce of mace, a quarter of an ounce of cloves—all pounded fine; a nutmeg grated; twenty eggs beat up to froth, whites and yolks separately; half a pint of brandy; half a pint of sherry.

Begin by beating the butter to cream in a large bowl; then by degrees throw in the sugar, and beat continually for a quarter of an hour till it be well mixed; next add the frothed whites of egg, and, after beating some time, the yolks; then add the spices, and soon after and by slow degrees the flour, till all be thoroughly mingled; then the currants and peels, the brandy and wine, and keep up the beating till the whole be thoroughly incorporated, and all is ready for the baking. The baking-hoop must be lined with doubled buttered paper; the batter poured in, which must not fill more than three parts of the hoop, that there may be space for it to rise. Cover the top with paper. Shut it into a quick oven and bake five hours. Soon after it is taken out put on the almond icing, and when dried add the sugar icing, which should be three quarters of an inch thick. Ornament it to taste.

This cake will keep perfectly good twelve months.

1506. *A Good Pound Plum-Cake.*

Beat up one pound of butter to cream ; then beat into it one pound of fine sifted sugar, the whites of eight eggs beat to solid froth, the yolks well beat, half a nutmeg grated, two drachms of cinnamon pounded, three pounds of flour, one pound of currants, and two ounces each of candied orange and lemon. Beat each ingredient separately into the batter, and add a glass of brandy if you choose. The beating should occupy half to three quarters of an hour to make the cake light. Bake in a hoop with buttered paper over for three hours. It can be iced or not, as is approved. This would make a good small Twelfth Cake. If a larger be required the proportions must be increased, and a sugar icing and the usual mottoed ornaments added.

1507. *A Family Plum-Cake or Soda Cake.*

Beat half a pound of butter to cream, add half a pound of powdered sugar, the beaten whites and the yolks of three eggs, half an ounce of fine carbonate of soda dissolved in two table-spoonfuls of warm milk ; then two pounds of fine flour and half a pound of currants ; beat very well, and bake in a buttered tin for two hours.

1508. *A Luncheon Cake.*

Beat four ounces of butter with half a pound of sugar, the whites and yolks of three eggs, a quarter of an ounce of carbonate of soda dissolved, one pound of flour, half a pound of currants, and an ounce of sliced candied lemon. Bake in a buttered mould an hour.

1509. *A Good Seed Cake.*

Beat to a cream one pound of butter, beat into it one pound of fine sifted sugar, next add the whites of eight eggs in a solid froth, and the well-beaten yolks of twelve ; add these by degrees, beating continually till all be well mixed ; then gradually add a pound and a half of flour, in which two ounces of nicely cleaned caraway seeds have been strewn, and a good sized nutmeg grated. Beat another quarter of an hour ; then pour into a buttered mould and bake for an hour and a half.

1510. *A Cheap Seed Loaf.*

Mix with two pounds of flour, half a pound of powdered sugar, two ounces of carraway seeds, and a grated nutmeg ; add to it a quarter of a pint of fresh yeast, and half a pound of butter melted in half a pint of milk ; beat all well up, cover it, and let it stand five minutes before the fire to rise ; then pour into the mould, and bake an hour and a half.

1511. *Almond Cake.*

Beat the yolks and whites of twelve eggs to froth, and pound to paste half a pound of sweet almonds, and one ounce of bitter almonds, with a tablespoonful of rose or orange-flower water ; beat the almonds thoroughly up with the solid froth of the whites of the eggs, then add the yolks, and beat in one pound of finely-sifted sugar and the grated rind of two lemons, next three quarters of a pound of fine flour, and gradually one pound of clarified butter, warm, but not hot ; beat the batter very much till perfectly well mixed ; then pour into a buttered mould which will leave space for the cake to rise. Bake it for two hours ; but when half done, put a buttered paper over the top, to prevent the cake from being scorched.

1512. *A Good Sponge Cake.*

Beat up the yolks of nine eggs very well, and whisk the whites to solid froth ; gradually, as you whisk, add to the whites one pound of finely-sifted sugar ; then beat in the yolks with the grated outer rind of a large lemon. Beat up for a quarter of an hour, then stir in by degrees half a pound of fine flour, till the batter is quite smooth. Pour it into a buttered mould, and bake an hour and a quarter in a tolerably brisk oven, never opening the door until the cake is baked.

1513. *A Vanilla Sponge Cake.*

Simmer over the fire for a quarter of an hour a pound of loaf sugar, and half a pod of vanilla, chopped and inclosed in muslin, with half a pint of water. Pour out the syrup into a bowl ; stir it till cool ; then take out the vanilla. Beat up very well the yolks of six eggs and the whites of three to froth,

add the whites first, then the yolks, to the syrup, beating it up the whole time; then mix gradually with it six ounces of fine flour, and immediately pour into a buttered mould, and place in the oven. Bake for an hour.

1514. *A Madeira Cake.*

This cheap and useful cake is made as below: Beat up the yolks of four eggs, and whisk the whites to solid froth; then beat into the whites six ounces of sifted sugar, and when quite mixed add the yolks, six ounces of flour, four ounces of liquefied butter, warm, but not hot, and the grated outer rind of one large lemon. Continually beat up as you add the ingredients, and for ten minutes after all are mixed; then pour into a buttered mould, and bake in a moderate oven for an hour.

1515. *The Nun's Cake.*

Beat up a pound of butter to cream, and by degrees one pound of sifted sugar, and one large spoonful of orange-flower or rose water, then the whites of four eggs beat to solid froth, and when thoroughly mixed, the yolks of eight eggs; then add gradually one pound of fine flour with which half an ounce of powdered cinnamon has been mingled; beat the whole for half an hour, then bake in a mould an hour and a quarter. The original receipt included two ounces of carraway seeds; but we think the cake much more agreeable without them.

1516. *Victoria Cake.*

Beat up to froth the yolks of twelve eggs and the whites of six; beat into the whites one pound of sifted sugar, and then add the yolks. When well beat add the grated outer rind of two lemons, the juice of one, and fourteen ounces of flour; add the materials gradually, and beat the whole time; pour it into a buttered mould, and bake immediately in a moderate oven for an hour and a half.

1517. *Scotch Cake.*

Mix eight ounces of powdered sugar with one pound of flour, two ounces of almonds chopped small, two ounces of candied orange in thin slices; dissolve half a pound of butter slowly

before the fire, then add it by degrees, rubbing the flour and sugar lightly between the fingers till the butter be all absorbed; then roll out about an inch and a quarter thick; cover the top with comfits and pieces of candied lemon, and bake an hour and a half.

1518. *Madeleine Cake.*

Beat four ounces of butter with eight ounces of powdered sugar, the whites of six eggs in solid froth, the yolks well beat, then a tablespoonful of Madeira, the grated rind of half a lemon, and eight ounces of flour. Each ingredient beat in separately and completely, then bake in a buttered mould for an hour and a half in a slow oven.

1519. *Rice Cake.*

Beat up the yolks of six eggs and the whites of three to froth; add to the yolks six ounces of fine sugar, and beat up, then the whites, then six ounces of ground rice by degrees, and the grated rind of a lemon; beat all up very well, and bake an hour in a slow oven.

This cake, with less lemon, is perfectly safe and wholesome for invalids, and if desired to be rich, six ounces of butter may be added.

1520. *Sponge Biscuits.*

Break twelve eggs into two bowls; beat up the yolks very well with twelve ounces of powdered sugar and a tablespoonful of orange-flower or rose water, then add the whites of the eggs beat to snow, and mix all by much beating, gradually adding ten ounces of flour. The batter must be beat for half an hour, then poured into small biscuit tins, allowing room for them to rise, and sifted over with sugar just before putting in the oven. Bake from fifteen to twenty minutes.

1521. *Queen Cakes.*

Wash a pound of butter in rose-water, and beat it to cream; add the whites of eight eggs whisked to solid froth, and strew in one pound of sifted sugar, beating it as you proceed; then the beaten yolks of the eggs, the grated rind of a lemon, and twelve ounces of currants; lastly, add a pound of dried flour

by degrees ; beat all a quarter of an hour longer. Half fill the small well-buttered tin shapes, sift sugar over, and bake for twenty minutes.

1522. *Corporation Cakes.*

Dissolve ten ounces of butter before the fire ; mix four ounces of powdered sugar with one pound of flour ; add four ounces of dried currants, two ounces of candied lemon in thin chips, and two drachms of powdered cinnamon ; then mix up the whole into a stiff paste with the dissolved butter and one glass of brandy. Break the paste off in small rocky lumps, and bake on tin sheets for half an hour.

1523. *Macaroons.*

Blanch eight ounces of fine Jordan almonds, and pound in a mortar to a smooth paste, with two tablespoonfuls of rose or orange-flower water ; whisk up the whites of eight eggs to a solid froth, and add to it one pound of finely-sifted sugar, then beat in by degrees the almond paste till thoroughly mixed. Have ready confectioners' wafer-paper, and drop the mixture upon it in small rounds. Bake in a moderate oven from fifteen to twenty minutes, till lightly coloured.

1524. *Ratafia Cakes.*

Blanch and beat into a smooth paste four ounces of bitter almonds and six ounces of sweet Jordan almonds, with one tablespoonful of brandy ; beat up to a solid froth the whites of four eggs with one pound of sifted sugar, then add the almond paste by degrees, and beat smooth. Drop a large teaspoonful at a time of the mixture on wafer paper, and bake in a very slow oven fifteen minutes.

1525. *Rice Cakes.*

Beat eight ounces of butter to cream, add the whites of seven eggs beat to cream, and one pound of finely-sifted sugar, then the yolks of the eggs also well beaten, lastly, one pound of ground rice gradually added, and very well beaten in ; then drop the cakes on a baking tin, sift sugar over them, and bake twenty minutes.

1526. *Shrewsbury Cakes.*

Mix two pounds of flour with one pound of powdered sugar and an ounce of carraway seeds; beat up well, whites and yolks separately, two eggs; mix first the whites, then the yolks well with the flour and sugar, then work in by degrees eight ounces of butter dissolved before the fire, till you form a stiff paste. It may require another spoonful of flour if the weather be warm. Then roll out rather thicker than a half-crown; strew pounded sugar over, and bake in a quick oven fifteen or twenty minutes.

1527. *Savoy Biscuits.*

Beat up the yolks of twelve eggs very well, then strew in as you continue to beat, one pound of fine sifted sugar, and a tablespoonful of rose-water, and beat or whisk the whole to a white cream; then add the whites of six eggs whisked to solid froth, and by degrees, one pound and a half of fine dry flour. Then, if you have not the fluted baking-tins, fold a sheet of buttered writing-paper to form narrow trenches about five inches long, and drop two spoonfuls of the mixture into each trench. Put them into a mild oven, with sugar strewed over them at the last minute, and bake eight minutes in a hot oven. Then lay by the biscuits back to back.

1528. *Ginger Cakes.*

Beat four ounces of butter to cream, throw in four ounces of powdered sugar, an ounce of powdered ginger, and then the yolks of four eggs well beaten. When these are well mixed, work in a pound of fine flour to a paste, roll it out very thin, and bake twenty minutes in a slow oven.

1529. *Lemon-drop Biscuits.*

Mix together half a pound of powdered sugar and half a pound of fine flour, with the finely-grated rind of a large lemon; add to it three ounces of dissolved butter, then the beaten yolks of three eggs, and lastly, three ounces of currants, and the whites of the eggs in froth. Drop the biscuits on wafer-paper, and bake for twenty minutes in a slow oven.

1530. *Derby Cakes.*

Gently rub into a pound of flour half a pound of fresh butter, half a pound of currants, and half a pound of powdered sugar; then mix with the yolks of four well-beaten eggs, and the whites whisked to froth into a stiff paste; roll out thin, cut into small round cakes, and bake fifteen minutes in a slow oven.

1531. *Wafer Biscuits.*

To one pound of fine flour add three ounces of finely-sifted sugar; rub in one ounce of butter, then stir into the flour the whisked whites of two eggs, and work the whole into a stiff paste with a little cream. Cover it, and let it lie half an hour; then cut it into small pieces, and roll out into biscuits as thin as a wafer, and bake on tins in a quick oven for three or four minutes.

1532. *Bath Buns.*

Into one pound of fine flour mix one pound of sifted sugar, a quarter of an ounce of powdered cinnamon, and a table-spoonful of fresh yeast. Dissolve one pound of butter and stir into it; then allow it to rise before the fire for ten minutes, after which add the yolks of four eggs well beaten, and the whites of two; mix all well together, and form into buns, strew caraway comfits over them, and bake them on tins in a slow oven for fifteen or twenty minutes.

1533. *Jumbles.*

Mix one pound of flour, one pound of powdered sugar, and the grated outer rind of a lemon, add the well-beaten yolks of four eggs, the whisked whites of three, and beat up the whole with four ounces of dissolved butter, and two or three table-spoonfuls of cream. Drop the batter on baking-tins, and put the jumbles in a slow oven for twenty minutes.

1534. *Plain Wine Biscuits.*

Into one pound of flour rub three ounces of butter, and add as much water as will make it into a very stiff paste. Knead and beat it very well, and roll it as thin as a wafer; cut into

biscuits, prick with a biscuit pricker, and bake for five or six minutes.

1535. *Sweet Wine Biscuits.*

Rub into a pound and a half of fine flour, four ounces or butter, and four ounces of sifted sugar; mix with the yolks and whites of two eggs, well beaten, and as much cream as will bring it to a very stiff paste; knead it well, and roll several times, cut it into thin biscuits, prick, and bake them in a brisk oven six minutes.

1536. *Seed Biscuits.*

Mix one pound of powdered sugar with three pounds of flour, and one ounce of carraway seeds; rub into this one pound of butter, then knead it into a paste with three-quarters of a pint of boiling new milk; roll the paste very thin, cut it into biscuits, prick it, and bake in a slow oven ten minutes.

1537. *Vienna Biscuits.*

Beat ten eggs with one pound of sifted sugar for at least twenty minutes; then add one pound of flour, whisk all well, then pass the mixture through a biscuit funnel about two inches long, and form the biscuits on a sheet of paper, broad at each end and narrow in the middle, cover another sheet of paper with sifted sugar, and turn the biscuits over upon it, then turn them back on a buttered baking-tin, and bake them in a hot oven six or eight minutes, of a light brown colour.

1538. *An excellent Gingerbread Loaf.*

Warm with two pounds of fine treacle, or golden syrup as it is named, twelve ounces of butter, then add by degrees eleven well-beaten eggs, four ounces of candied lemon in thin shavings, one ounce of powdered ginger, one ounce of carraway seeds, pounded, and beat in with a wooden-spoon gradually as much flour as will form a thick batter; continue to beat it till quite smooth. Pour it into a well-buttered cake-tin about two inches deep, and bake it in a slow oven an hour and a half; turn it out when cool, and rest it on the edge to keep.

1539. *A plain Gingerbread Loaf.*

Into three pounds of flour strew four ounces of moist sugar, half an ounce of powdered ginger, and two ounces of carraway seeds ; add a quarter of an ounce of carbonate of soda dissolved in two tablespoonfuls of warm water, and strained into two pounds of treacle, with which the whole must be well mixed and kneaded ; then bake in a shallow buttered tin in a slow oven for an hour and a half.

1540. *Good Gingerbread Cakes.*

Melt before the fire half a pound of butter in one pound of fine treacle, stirring it till well mixed ; let it be half cool, then add three-quarters of an ounce of powdered ginger, two ounces of candied orange or lemon in shavings, and one pound of flour, kneading it to a light paste ; then add a pound of powdered sugar, and immediately roll it into cakes not more than the eighth of an inch in thickness, and bake without delay on buttered tins in a quick oven for three-quarters of an hour. These cakes may be kept for some time in a tin box or drawer.

1541. *Curled Honeycomb Gingerbread.*

Mix half a pound of flour, half a pound of powdered sugar, the outer rind of a lemon shred very fine, half an ounce of powdered ginger, three cloves pounded fine, four ounces of dissolved butter, and half a pound of warm treacle ; when well mixed, beat for some time, and let it stand before the fire ten minutes ; then drop the mixture upon well-buttered tins, and bake in a moderate oven half an hour ; take them out, and when half cold, cut into squares, and roll them round a reed or the finger, and keep in a dry place.

1542. *Funny's Gingerbread.*

To one pound of treacle add six ounces of butter, and let them stand before the fire to dissolve and mix ; then add two ounces of candied lemon in shavings, half an ounce of powdered ginger, two tablespoonfuls of oatmeal, and by degrees beat in as much flour as will produce a thick stiff batter ; bake this in

buttered moulds in a brisk oven from three-quarters of an hour to one hour.

1543. *American Gingerbread.*

Warm before the fire half a pound of treacle and six ounces of butter; when partly cooled, add three tablespoonfuls of cream, half a pound of powdered sugar, one ounce of powdered ginger, a quarter of an ounce of powdered cinnamon, a quarter of an ounce of allspice; by degrees stir in two pounds of flour, half a pound of currants, half a pound of chopped raisins, half an ounce of carbonate of soda dissolved in a glass of milk and strained, and four well-beaten eggs; beat up the whole till perfectly mixed and smooth; then pour the butter into a shallow buttered tin or mould, and bake for an hour and a half in a slow oven.

1544. *American Finger Gingerbread.*

Dissolve eight ounces of butter before the fire with eight ounces of powdered sugar; stir into this a pint of refined treacle; mix with two pounds of fine flour the grated outer rind of a lemon, three-quarters of an ounce of powdered ginger, and one quarter of an ounce of powdered cinnamon; and then gradually add this to the treacle and butter, blending it well; and finally, add half an ounce of carbonate of soda dissolved in two tablespoonfuls of warm milk or cream; knead the paste for some time on a floured board till it is firm and smooth, but not stiff; then roll it out half an inch thick; cut it into slips, six inches in length and three-quarters of an inch in breadth; round the ends neatly, and bake immediately on buttered pans in a moderate oven for an hour.

This is a delicious gingerbread, and keeps well with care.

1545. *Treacle Parkins.*

Dissolve eight ounces of butter in one pound and a half of treacle; then stir in eight ounces of sugar, an ounce and a half of powdered ginger, and two pounds of oatmeal with one pound of fine flour, half an ounce of caraway seeds, whole or pounded, may be added if approved; knead well into a firm paste with flour; roll out a quarter of an inch in thickness, and

cut out in round cakes ; bake on a buttered tin in a moderate oven for an hour.

1546. *White Gingerbread Cakes.*

Mix one ounce of grated ginger and one pound of Lisbon sugar with one pound of flour ; rub gently into it eight ounces of butter, and knead it into a stiff paste with cold water ; roll out thin, and cut into round biscuits ; bake on buttered tins in a slow oven for half an hour.

1547. *German Gingerbread Cakes.*

Mix one ounce of powdered ginger, one ounce of carraway seeds, four pounded cloves, the grated rind of a small lemon, and an ounce of candied orange sliced with two pounds of flour in which three ounces of butter has been rubbed ; then beat up very well two eggs, and beat into one pound of treacle ; and to this add by degrees the dry materials, mixing and kneading it into a stiff paste ; roll it out several times to render it perfectly smooth and stiff ; then roll out into biscuits a quarter of an inch thick ; brush them over with white of egg ; prick them with a biscuit pricker, and bake on buttered tins in a moderate oven for three quarters of an hour.

1548. *Gateaux d'Epice.*

The peculiarity of the French gingerbread is the delicate flavour of the vanilla, which was rarely introduced in the old confectionery of England. Put over the fire one pound of treacle, six ounces of butter, an ounce of powdered ginger, an ounce of powdered cinnamon, a quarter of an ounce of pounded cardamoms, an ounce each of candied lemon and orange-peel in thin shavings, and half a pod of vanilla pounded with a tablespoonful of brandy ; stir the mixture well, and simmer for five minutes ; then pour it out, and when cool, beat in by degrees as much flour as you can knead into a smooth paste ; bake on buttered tins in small cakes or nuts in a slow oven for half or three-quarters of an hour.

1549. *Gingerbread Nuts.*

Warm three pounds of treacle with one pound of butter and one pound and three-quarters of Lisbon sugar ; when nearly

cooled, stir into it two ounces of candied lemon and two ounces of candied orange in thin shavings, two ounces of ginger, two ounces of fresh-grated cocoa-nut, half an ounce each of carraway and coriander seeds whole or crushed, and add by degrees three pounds and a half of flour; mix very well, and knead to a firm paste on a floured board; then roll into long fingers and cut up in pieces; bake on a buttered tin in a slow oven from half to three-quarters of an hour; when cool, store in a tin drawer or box.

1550. *Hunter's Nuts.*

Beat six ounces of butter to cream; add six ounces of moist sugar, three ounces of powdered ginger, one ounce of candied peel, one pound of treacle added warm, and one pound and a half of flour beat and kneaded in till formed into a paste; roll it out on a floured board till firm enough to mould the nuts; then bake them on buttered tins for half an hour.

CHAPTER XXV.

BREAD AND TEA-CAKES.

BOOKS have been written and lectures have been given on the simple, important art of bread-making, the most common, and too often neglected duty of every cook, and still we find families compelled to purchase the less wholesome bread of the public baker, because household baking is so ignorantly or carelessly managed.

Now home-baked bread is not only more economical, but more agreeable to the palate, and more nutritious and wholesome than the light, spongy, tasteless loaf of the baker; and as every cook should be a bread-maker, so should every house-keeper provide the pure unadulterated flour necessary to produce good bread, and insist on having it made with certainty and regularity.

The best flour, which should always be kept a month after it is ground before using, is always to be procured from a respectable miller, at the best prices. It is bad economy to buy inferior flour; but for family use the unbolted flour, or meal, as the millers term it, is not only more nutritious, but usually more approved, especially at breakfast and tea. The tasteless fine white bread is more suitable to serve at dinner with the meat. It is the profound chemist Liebig who asserts that the separation of the bran from the flour by bolting, is a matter of luxury, and injurious rather than beneficial as regards the nutritive power of the bread. Though it is difficult to overcome the prejudice in favour of white bread amongst servants and the lower classes; at all events, we would recommend parents to set the example by using brown bread commonly in the nursery, and at the breakfast table.

After providing good flour, you must next obtain the means

to convert it into bread by undergoing a sort of fermentation, or, as cooks term it, to raise the bread.

In fact, without some means to cause this lightening of the mass, the dough, or mixture of flour and water, would be heavy, solid, uneatable, and indigestible. It is therefore necessary to force a quantity of air through the flour, which expands with the heat of the oven, separates the particles of flour, and, as it were, honeycombs, and makes it as porous and light as required.

Various modes of producing the effervescence which causes the gas bubbles to separate the flour are employed. The ancient method of leavening the bread, still practised in our own rural districts, and more extensively in France and other Continental countries, is simply by inoculating the flour with a portion of dough reserved from the last preparation, which has been suffered to reach that stage of fermentation when it becomes sour, and this placed amongst the fresh flour spreads the acidity and fermenting property through the whole. This mode is successful for the coarser rye and barley bread, but is less certain in its operation, and less agreeable in its result than the modern plans.

The next introduction was brewers' yeast, and this we are of opinion still continues unrivalled as a means of raising the bread. The simple explanation of the mode of operation is, that the yeast in a state of fermentation decomposes the constituent parts of the flour, converts a portion of the starch into sugar, then into carbonic acid gas, which pervades the dough and causes the spongy state required.

German yeast, recently introduced, is obtained from infusions of malt purposely prepared, and is devoid of the troublesome bitter quality which brewers' yeast is liable to; but being an importation, it is sometimes unfit for use before it reaches the remote parts of the country, and in hot weather must necessarily suffer in the transmission. When neither brewers' yeast nor German yeast can be procured, we give some receipts for the preparation of good substitutes.

Next, we have the unfermented bread, obtained by a process so ready and convenient, that if it could be depended on as equally wholesome, and if our taste could accommodate itself to the peculiar and unconquerable flavour of the carbonate of lime and acid, it must supersede all other methods. In large

baking establishments where aerated bread is made by the use of soda-water, as it is usually termed, but which is in fact using carbonic acid gas to raise the bread without fermentation, and where machinery diffuses the effervescence thoroughly, equally, and promptly, the success has been great, and the product hailed as that grand desideratum, light, pure, clean, digestive bread. The course of improvement has not yet made the art perfectly available for domestic use. We can only give such receipts for other unfermented breads as have been tried and approved ; but not without condemnation by many who particularly object to the hydro-chloric acid, as possessing an injurious property.

Not having space to enter into minute and scientific explanations of this important process, we proceed to recommend that all large loaves should be baked in a brick oven, where the heat being regularly kept up and never raised, the baking is certain. Small loaves may be baked with due care in an iron oven, if the cook keeps the fire at a certain point ; and usually these small loaves are in most request, as the crust, the most digestible part, forms a larger proportion of the loaf. In most cases a brisk oven is necessary, but not at such a heat as to scorch the outer surface before the middle is baked.

It must be remembered that every kind of bread requires a due mixture of salt ; not less than six ounces to fourteen pounds of flour.

Great care is necessary for keeping bread in a fresh and wholesome state. In twenty-four hours after it is cold, it becomes stale, a state in which delicate people usually prefer it. Large covered earthenware pans preserve it best : these should be placed in a cool, dry place. In damp situations bread is apt to become mouldy, and as this vegetation of mould, as it is named, has been proved to be poisonous, too great care cannot be taken to escape it.

In hot weather the bread becomes dry in a few days, and though not unwholesome, somewhat unpalatable. It may then be restored by steeping the loaf in a bowl of water three or four minutes, allowing it to stand half an hour till the water is equally spread through the loaf, and then placing it in a moderate oven for a quarter of an hour.

Bread-loaves are usually baked in buttered tins or earthenware moulds, or made up in round or oval rolls to bake in

oven tins. The latter plan affords more of the crust, which is the best part; and a round loaf with an incision of an inch deep made round it, forms a cottage-loaf, a pretty breakfast-dish with a profusion of rough crust.

1551. *To prepare Brewers' Yeast.*

Brewers' yeast is usually too bitter to use without some precautions; it is necessary to pour over it a considerable quantity of cold water, and allow it to stand some hours till it subsides into a mass, then pour off the water and taste the yeast; if it still continues bitter, pour over more fresh water, and in an hour or two you may usually calculate on having the yeast fit for your purpose. Thus covered with cold water, you may preserve the yeast fresh for several days.

1552. *Good made Yeast.*

To two gallons of cold water, add half a pound of moist sugar, and one ounce of salt. Set it over the fire, and stir in one pound of flour, as it heats. Let it boil for an hour, stand till quite cool, and then bottle it for use. Half a pint of this yeast will be required to raise nine pounds of flour.

1553. *Yeast for immediate use.*

Pour a quart of boiling water over four ounces of malt, and two ounces of hops; set it over the fire and let it boil half an hour, strain, and mix with it half a pound of flour; then cover, and place it near the fire till it ferments and rises, when it will be fit for use, in the same proportion as brewers' yeast.

1554. *Unfailing Yeast.*

This receipt, which appeared in the *Times* newspaper, has, we understand, been tried with much success; but much attention is needed in the preparation.

"Boil two ounces of the best hops in four quarts of water for half an hour, strain it, and let it cool down to new-milk warmth; then put in a quarter of a pound of salt, and half a pound of moist sugar; beat up one pound of fine flour with some of the liquor, and mix all well together. This should be

done on Monday. On Wednesday add three pounds of potatoes boiled and mashed; let it stand till Thursday, then strain, and bottle it for use, but do not cork it till the yeast has done working. It must be stirred frequently while making, and kept near the fire. Before using shake the bottle well. It will keep in a cool place for two months, and is best at last."

The bread made with this yeast requires a longer time to rise in the sponge and in the dough than when common yeast is used, and is best baked in tins.

1555. *Good home-made Bread.*

Put into a large earthenware kneading-pan a stone and a half (twenty one pounds) of flour. Mix a pint of brewers' yeast, or three ounces of German yeast, with two quarts of luke-warm milk and water, in which nine ounces of salt have been dissolved. Make a deep hole or well in the midst of the flour, and pour the liquor through a coarse sieve into it; then, with a wooden spoon, work round the pool of milk and water, so as to bring in the flour to make a thin batter; throw a handful of the flour over it, and cover it with a clean thick cloth. Set it by the side of the fire, and leave it to rise from one to two hours, that is, till the layer of flour over the sponge has risen and cracked; then begin to knead it, bringing with the hand the flour all into the batter, adding two or three more quarts of warm milk-and-water, and working till it be sufficiently mixed to turn out upon the well-floured kneading-board. Then knead it thoroughly with the clenched hands, folding and turning it, to bring it to a perfectly smooth, light, firm dough. Return the mass to the kneading-pan, and leave it another half hour to rise; then form it into loaves, put them into a well-heated oven, and bake in the proportion of two hours for a four-pound loaf.

1556. *Quickly-made White Bread.*

Make a well in the middle of seven pounds of flour; mix three tablespoonfuls of brewers' yeast, or an ounce and a half of German yeast, and three ounces of salt, with a pint and a half of warm milk;—the Irish cooks substitute sweet butter milk, but though very rich, the flavour is not always agreeable.

at first ;—pour this into the flour, and, with a wooden spoon, make a batter ; cover with flour and a cloth, let it rise for an hour and a half, then add a little more milk, to make the whole a stiff, smooth sponge. Let it stand another hour, then knead it, with more flour if necessary, till quite firm. Divide it into three loaves, and bake with or without tins for an hour and a half in a properly heated oven.

1557. *Excellent Brown Bread.*

The best brown bread is that which is made, as Professor Liebig recommends, of the wheat exactly in the state it is ground, the bran left in. For children and adults, with whom it agrees, nothing can be more wholesome than this pure wheaten bread ; but if prejudice, or a peculiar delicacy of the stomach, rejects this bread, a certain quantity of fine flour must be substituted for the genuine meal.

It is made in the way we recommend in our first receipt (No. 1555), but with half as much more water to set the sponge, and longer baking. A four-pound loaf will require three hours to bake it, and it is very desirable that it should be sent to a brick oven.

1558. *Wheat and Maize Bread.*

The mixture of Indian meal with the wheaten flour, though the product has somewhat a peculiar, sweet flavour, is generally liked after a time, and the bread is allowed to be cheap and wholesome. Mix fourteen pounds of fine wheaten flour with seven pounds of Indian meal and four ounces of salt ; beat up a pint and a half of brewers' yeast with two quarts of boiling water ; make a hollow in the flour and pour it in, stirring in as much flour as will form a batter ; let it stand an hour, then pour over the whole, stirring it in, two more quarts of boiling water, and leave the whole covered on a warm hearth for ten hours ; then knead it very well, and let it stand two hours longer ; form it into loaves ; allow them to rise half an hour ; then bake in a brick oven if possible.

1559. *Wheat and Rice Bread.*

When a mixture of rice in bread is recommended for invalids of delicate stomach, we can recommend the following receipt.

Boil a pound and a half of good clean rice in three quarts of water till perfectly soft ; drain it, and beat it to paste, and mix it well while warm with seven pounds of fine flour ; strew in four ounces of salt ; mix four tablespoonfuls of yeast with a pint and a half of warm milk and water, and pour it into the middle, covering it with flour ; let it rise for an hour and a half ; then add more milk and water ; knead it into loaves ; let them rise an hour ; then bake in a brick or well-managed iron oven.

1560. *Potato Bread.*

The addition of potatoes to the flour is considered by many an advantage, as the bread thus made remains longer fresh ; but they are chiefly of use in times of scarcity as an economical substitute for flour. Five pounds of potatoes, boiled and reduced to flour, rubbed through a tamis, and mixed with fourteen pounds of wheaten flour, must be placed warm in the kneading-pan ; add the yeast, &c., as for the white bread (No. 1556), but use milk only instead of milk and water, and proceed to finish in the same way. Potato bread is much liked by those who are accustomed to it, but it has not the nutriment of pure wheaten bread.

1561. *Unfermented Bread.*

In twelve pounds of flour mix thoroughly one ounce and a half of bi-carbonate of soda rubbed through a sieve ; then mix one ounce and a half of hydrochloric acid well with six pints of warm water, stirring it with a wooden spoon ; pour this over the flour, beating it to a smooth dough ; knead it quickly : form into loaves, and transfer to the oven immediately, that the great heat which suddenly closes the surface and forms the crust may raise the action of the acid on the soda and produce the gas bubbles necessary to lighten the bread ; bake it well the usual time.

1562. *French Bread.*

Beat up very well and strain the whites of three eggs and the yolks of two eggs ; to this add half a pint of fresh sweet yeast, or an ounce of German yeast, and a pint of warm milk ; into four pounds of flour strew three ounces of salt ; then stir in the

milk, eggs, and yeast : stir it well with a wooden spoon till well mixed ; then divide the thin dough into three wooden bowls ; let it rise a few minutes ; then turn out in loaves, and bake with or without tins in a brisk oven. This bread must be rasped before it is served.

1563. *Oatmeal Bannocks.*

Put into a bowl five pounds of Scotch oatmeal ; rub into it an ounce of butter to render the cakes crisp ; pour over it as much warm water as will form it into a firm dough ; then roll it immediately into round cakes, about the size of the inside of a breakfast plate, and about half an inch thick, and bake for an hour in a moderate oven.

1564. *Lancashire Oat Cakes or Riddle Cakes.*

These cakes are leavened : the common plan is to leave the kneading-pan unwashed, with the dough adhering to the sides to form a leaven for the next baking ; but this leaven is easily obtained by mixing a small quantity of the oatmeal into a stiff paste, and leaving it for a week to grow sour. This will leaven the meal, which must first be mixed up with lukewarm water into a thick batter, then the leaven must be stirred in, and the whole left for twelve hours for the fermentation to be certain ; it is then poured on a grooved paste-board well dusted with meal, and turned round with the hands till it forms a thin round cake ; it is then by means of a shovel transferred to the girdle or baking stone, a heated stove ; baked on one side, and turned like a pancake with the shovel till both sides are baked. These cakes when new are very delicious, toasted and buttered like crumpets ; and when properly baked, become crisp when kept for a few days. If made of buttermilk, the leaven is unnecessary ; but it requires habit to reconcile any one to the sour taste.

1565. *Yorkshire Oatcakes.*

Mix the oatmeal with cold water into a stiff paste, adding a little salt ; beat and knead it a considerable time ; then roll it as thin as possible, and bake on both sides upon a girdle or baking-stone ; cool the cakes on an edge, and keep them

covered in a tin or earthenware case in a very dry place. They are perfectly crisp, and are eaten with a good deal of butter, or served with cheese.

1566. *Barley Scones.*

The barley-meal is simply mixed with cold water to a stiff paste. A little butter rubbed in is a great improvement to the dry oat or barley-cakes. They are usually rolled out thicker than the oat-cakes, and baked in small cakes on the girdle. The barley-scones are eaten hot, divided, and buttered.

1567. *Scotch Flour Scones.*

Melt an ounce of butter in a pint of hot milk, and pour it over a pound and a half of flour, stirring it quickly till it becomes a stiff dough; knead it well, and roll out very thin; cut into small round cakes or scones, and bake quickly for three or four minutes only on a girdle, and serve them hot piled on a napkin.

1568. *Irish Girdle Cake.*

Mix three pounds of flour with a teaspoonful of carbonate of soda and as much sweet buttermilk as will make it into a stiff paste; roll it several times till smooth; then roll very thin, and bake on a girdle over the fire.

1569. *Breakfast or Dinner Rolls.*

Rub one ounce of butter into two pounds of flour; strew in half a teaspoonful of salt; mix a good teaspoonful of light sweet yeast with three-quarters of a pint of warm new milk and an egg well beaten, and stir into the midst of the flour, forming a well of batter; cover with more flour, and let it rise three hours on a warm hearth; then knead it lightly into small round or oval rolls; cut them round just through the surface of the paste; put them on floured baking-tins; let them stand a quarter of an hour to rise; then brush them lightly over with the beaten yolk of an egg, and bake them in a moderate oven for twelve or fifteen minutes.

1570. *Fresh excellent Breakfast Rolls.*

Warm one ounce of butter in half a pint of new milk ; dissolve in a little warm water, and add to it half an ounce of fresh German yeast ; mix the whole with two pounds of flour ; beat it well ; cover with a double cloth, and leave by the fire all night. Early in the morning, make it up into six or seven rolls ; let them stand half an hour till the oven be heated ; then bake half an hour to thirty-five minutes.

1571. *French Rolls.*

Rub two ounces of butter into two pounds of fine flour, add two well-beaten eggs, and two teaspoonfuls of sweet yeast or half an ounce of German yeast in half a pint of warm new milk ; beat the whole well to a stiff batter ; let it rise an hour ; then do not knead it, but drop it on tins in round or oval rolls, and bake twelve or fifteen minutes, and rasp when done.

1572. *Grassins (the Pipe bread of Piedmont).*

These long pipes of bread, which, though rather thicker, have somewhat of the appearance of uncurled macaroni, are well known to travellers among the Alps, and are commonly used at *tables d'hôte* : they are pleasantly tasteless like biscuits. The dough is leavened, and is formed of the finest wheaten flour, lightly salted and kneaded into a stiff paste in a wooden bowl which is covered, and left for two hours to rise ; then rolled out and cut in pieces as thick and long as a stout finger ; these pieces are laid side by side on a moistened paste-board ; let them stand to rise another hour ; then take up each piece by the two ends, and gently draw it out about two or three feet in length ; arrange them on the oven shovel, which must be sprinkled with unsifted meal, and transfer them to the oven. A short time will bake them, when they must be cooled and kept in a dry place to become crisp. It was in vain that Napoleon I. endeavoured to introduce this bread into Paris—even the flour and water of Piedmont failed, and the air was blamed. We fancy perseverance alone was necessary.

1573. *A Plum Loaf.*

In two pounds of flour strew half a teaspoonful of salt, three ounces of sugar, and eight ounces of currants; mix a table-spoonful of yeast or half an ounce of German yeast with three-quarters of a pint of warm milk in which three ounces of butter have been dissolved, and stir into the flour till it forms a smooth dough; let it rise an hour; then make up into a loaf, and bake for three-quarters of an hour.

This is a good loaf for children, or for a lunch loaf.

1574. *Breakfast Bread of various forms.*

The usual form of plain breakfast bread is either a cottage loaf, as previously described, twists, rolls, fingers, or cakes. The finger rolls are pieces of dough rolled into the form of fingers, four or five inches long, and lightly baked; the twists are made of three finger rolls, rather longer and thicker than common, plaited together, and united at the end. These, when lightly browned, are much liked for breakfast bread.

Another form of bread used at the Jewish tables, and made without milk or butter, these materials being prohibited in Jewish cookery, may be used as a pretty variety.

Roll the dough into long pipes; cut off five lengths of six inches each, about one inch in diameter, and plait them together, bringing them to a point at each end; then roll the rest of the dough piping till it is not more than three-quarters of an inch in diameter, and form another five-plait of the same length, which must be placed upon the first, with a single bar reaching from end to end over it; join the points neatly, and turn round the centre a pipe of dough to keep the whole together; finished with two short bars, forming a transverse cross; brush the whole over with yolk of egg very well, and bake immediately. The true Jewish bread is finished by strewing over the egg white poppy seeds.

1575. *Good Breakfast Cakes.*

Rub into one pound of flour one ounce of butter, a tea-spoonful of sugar, and half as much salt; mix a tablespoonful of very light sweet yeast with half a pint of warm new milk- and beat into the flour till well mixed; let it stand to rise

three-quarters of an hour ; then make it up lightly into small cakes, and bake a quarter of an hour.

1576. *Excellent Muffins.*

Mix two tablespoonfuls of yeast with two pints of new milk ; add the well-beaten whites of two eggs, and beat into the mixture by degrees four pounds of flour ; when well mixed, cover with a clean flannel, and set it to rise on a warm hearth for three or four hours ; then take out with a wooden spoon as much of the thick batter as will make one muffin at a time, and drop on a floured trencher, shaking it round till it is formed ; then slide it upon a heated muffin stone or iron girdle, and as soon as it begins to blister, turn immediately. Eight or ten minutes will bake them ; then tear them open, and butter them.

1577. *Crumpets.*

To a quart of warm milk and water add a tablespoonful of light yeast, a saltspoon of salt, and two well-beaten eggs ; beat into this by degrees as much flour as will form a thick, stiff batter ; let it rise a quarter of an hour ; heat a small frying-pan, and rub it over with butter : pour in a large spoonful of the butter, and shake the pan till it is equally spread over it ; when lightly browned, turn and bake the other side. When wanted to serve, the crumpets must be lightly toasted and buttered over.

1578. *Pikelets.*

Beat up two eggs very well, and add to them a pint of warm milk and a tablespoonful of light yeast ; beat into this by degrees two pounds of flour, with a quarter of a nutmeg grated, and as much salt ; continue to beat for ten minutes after mixing ; then let it remain before the fire two hours to rise, and make it up into small round cakes half an inch thick ; bake them on a girdle, turning them over when one side is done ; butter them hot, and serve three or four on a plate.

1579. *Milk Breakfast Cakes.*

To six pounds of flour add half a pint of yeast in a quart of warm milk ; beat it into a thick batter, and let it remain on a

warm hearth to rise all night. In the morning dissolve four ounces of butter before the fire, and pour it into the dough ; knead it well with a little more flour if necessary ; make into small cakes ; let them stand ten minutes before the fire ; then bake in a brisk oven for twenty minutes. Serve them buttered hot.

1580. *Yorkshire Girdle Cakes.*

Rub into three-quarters of a pound of flour two ounces of butter, and mix it up with as much good cream as will make it into a stiff paste ; cut into small rounds, and bake on a girdle, turning to bake both sides. This is the farm-house breakfast cake.

1580.* *Yorkshire Secret Cake.*

Roll rich puff-paste into rounds the size of a breakfast plate and half an inch in thickness ; strew thickly over one pound of currants, with a little chopped candied lemon, which have been well steeped in rum or brandy ; over this place another round of paste ; unite it closely round ; cut it into quarters, but leave them close together, and bake immediately. Serve each cake on a plate without separating the quarters, either hot or cold. This is a most delicious tea or breakfast cake.

1581. *A Galette or French Breakfast Cake.*

To a pound and a half of flour add half a tablespoonful of salt, and rub lightly into it sixteen ounces of butter, and work it into a stiff paste with the yolks of two eggs beat up in a spoonful or two of cream ; roll it into a cake nearly an inch thick ; score the top in lozenges, and brush it over with yolk of egg ; bake it for half an hour, and eat hot. This festival cake of the provinces is made more or less rich according to circumstances, or the custom of the district, and sometimes is mixed with pounded almonds, orange-flowers, and sugar.

1582. *American Buns for Breakfast.*

To one pint of yeast add one pint of luke-warm milk, eight ounces of dissolved butter, six ounces of powdered sugar, and four well-beaten eggs ; mix by degrees with these as much flour

as will form a stiff batter, fill the bun-tins, and set them before the fire to rise for half an hour, then bake for twenty minutes.

1583. *American Dough Nuts.*

Rub a quarter of a pound of butter into a pound of flour, add six ounces of sugar and half a grated nutmeg ; stir in three well-beaten eggs and a dessertspoonful of yeast mixed with a little warm milk ; then add as much more warm milk as will make it into a light smooth dough ; let it stand to rise half an hour, then roll it out ; cut it into small fancy shapes, and fry in abundance of butter or lard a fine brown colour ; drain them well, and sift over them powdered sugar.

1584. *Sweet Rusks.*

With one pound of flour mix two ounces of powdered sugar ; beat up two eggs very well with a tablespoonful of good yeast, and add this to half a pint of warm milk in which two ounces of butter have been dissolved ; pour this into the midst of the flour, and form a well of batter ; cover the rest of the flour over it, and leave to rise an hour ; then knead it up to a firm, smooth dough ; cut it up into squares of two inches ; leave these again to rise on the baking tins another hour, then bake them in a slow oven a quarter of an hour, and when cool, put into a very cool oven to dry for half an hour. Keep them in a tin drawer or box in a warm place.

1585. *Plain Bread Rusks.*

Bake some dinner rolls (No. 1569), and while warm tear them in two, and put into a cool oven to dry till perfectly crisp and of a bright brown. These rusks are always served at breakfast with chocolate or cocoa.

1586. *Good Buns.*

Rub four ounces of butter into two pounds of flour, strew in one ounce of carraway seeds and four ounces of sugar ; stir a quarter of a pint of yeast into as much good milk, lukewarm, as will make the whole into a light paste ; mix and beat well ; let it rise half an hour ; make it up into small buns, brush them over with yolk of egg, and bake twenty minutes.

1587. *Rich Buns.*

Mix one pound and a half of flour with eight ounces of powdered sugar, half a nutmeg grated, and four ounces of currants; beat up half a pint of yeast with two eggs, twelve ounces of dissolved butter, and two tablespoonfuls of rose-water, and knead the whole into a light dough; let it stand to rise an hour, then make up into small buns; brush over with yolk of egg, sift powdered sugar, and strew caraway comfits over them. Bake for twenty minutes. These buns are best cold, sent in with tea or coffee.

1588. *Good Friday "Hot Cross Buns."*

Rub eight ounces of butter into three pounds of flour, then mix a quarter of a pint of good yeast with a pint of warm milk and half a pint of cream, and mix with the flour till it forms a batter; let it stand to rise an hour, then add ten ounces of powdered sugar, eight ounces of currants, half a nutmeg grated, and a quarter of an ounce of mace; knead all very well into the dough, form it into buns, and place them on a baking-tin; make an incision twice over them in the form of a cross, brush them over with clarified butter, sift powdered sugar over, let them stand ten minutes before the fire, then bake in a quick oven twenty minutes.

1589. *Sally Lunn Cakes.*

Mix two tablespoonfuls of light yeast into a pint of warm new milk, or cream, if you wish the cakes very good; rub four ounces of butter into two pounds of flour, strew into it half a teaspoonful of salt, then pour in the milk gradually, beating up the batter with a wooden spoon as you proceed; add the yolks of three eggs well beaten, and when smoothly mixed, let it rise an hour before the fire; then fill your cake tins, and bake fifteen to twenty minutes in a quick oven.

1590. *Yorkshire Tea Cakes, or Whigs.*

Into three pounds of flour strew half a teaspoonful of salt and three quarters of a pound of currants; mix a quarter of a pint of yeast with a pint of warm new milk in which six ounces

of butter have been dissolved, and mix gradually with the flour till it is a stiff dough ; set it before the fire an hour, then knead and form into cakes the size of the inside of a breakfast-plate, and three-quarters of an inch thick ; put them on a baking-tin, and let them stand another quarter of an hour to rise, and bake from twenty to twenty-five minutes. They are usually sent in with tea, hot, divided and buttered, with sugar sifted over.

1590.* *Yorkshire Yule Cakes.*

Mix one pound of finely-powdered sugar with four pounds of fine dry flour, a quarter of a pint of fresh brewers' yeast, or an ounce of German yeast, and eight ounces of butter dissolved in half a pint of new milk ; make it up into a dough, and leave it for an hour to rise, on a warm hearth ; then strew into the dough eight ounces of currants, eight ounces of cut raisins, a quarter of an ounce of nutmeg grated, half as much powdered cinnamon, and two ounces of shred candied lemon ; work the whole till the fruit and spices are well mixed, then make up the dough into cakes. Mark the top in lozenges with an ornamental runner, sift sugar over, and bake a light brown.

These cakes are made in Yorkshire families to distribute to relatives, friends, and dependants, in the hospitable Christmas season, as well as to offer to all visitors, and are made proportioned in size to the purpose they are intended for.

1591. *Kneaded or Pastry Cakes.*

These well-known cakes of the rural districts, denounced by the prudent under the name of "sudden deaths," but the luxury of children, are composed only of flour, and either butter, fresh lard, or cream.

Cream Cakes. To a pound and a half of flour add half a teaspoonful of salt and half a pound of currants, and make into a firm paste with good cream. Knead it well, and roll out half an inch thick, and cut in rounds no larger than the top of a wineglass. Bake on a girdle.

Or, when butter is more convenient than cream, make of any of the puff or short pastes given, and if currants are desired, roll the paste rather thinner than half an inch, and put two rounds together, strewing currants between them, and sifting sugar over them.

These cakes are usually served hot, split and buttered, but the latter kind are also served cold—in either case, piled on a plate.

1592. *Captains' Biscuits.*

Mix fine flour into a paste with new milk only; knead and beat it till very smooth and stiff, then divide it into small lumps and roll them out round and thin. Prick them over with a biscuit pricker, and bake from ten to fifteen minutes.

1593. *Crisp Dessert Biscuits.*

Into one pound of flour rub three ounces of butter, and make it into a stiff dough with milk; roll it out several times, and beat with the paste-pin to render it perfectly smooth, then roll it as thin as a wafer; cut into large biscuits, prick, and bake in a slow oven ten to fifteen minutes. Keep them in a tin case to preserve them crisp.

1594. *To make Dry Toast.*

Cut very thin slices of bread from a loaf not less than two days old; put on the toasting-fork, and hold at such a distance from the fire that the bread be only heated and dried; in a few minutes turn, till the other side be reduced to the same state, then turn again, and let the bread be slowly and lightly browned on both sides. The great art of making toast is, to dry it slowly, and serve it immediately. Cut off the crust, and set it on an edge in a rack.

1595. *To make Buttered Toast.*

Cut the bread from a square loaf, in slices of a little more than a quarter of an inch thick. Toast it slowly, turning it at least twice, as directed for dry toast, till both sides are a pale chestnut colour; it will then be perfectly dry and farinaceous. Butter it on a hot plate, lightly on both sides, taking care not to press the toast with the knife, as that would render it heavy. This buttered toast may be eaten safely, as the butter will be perfectly absorbed in the farina of the bread; not merely oiled on the surface; and the toast will be more light and wholesome than untoasted bread and butter. It must be cut into slips an

inch and a half broad, piled neatly on a plate, and served as soon as ready.

1596. *TEA.*

As custom produces carelessness, it is not wonderful that the people who have prepared this refreshing beverage daily through many years, should fall into the error of routine, and never seek to amend their plan. Yet a few hints may not be rejected; for it is now acknowledged that much of the comfort of life depends on attention to common things.

Tea, the luxury of the poor woman, the safeguard for the exhausted labourer, and the refreshing and exhilarating beverage of all English people, deserves to be prepared carefully and to the best advantage.

In the first place, it is necessary to procure the tea unadulterated: this can only be done by purchasing it of a respectable dealer, who has a reputation to preserve; for the adulteration is not difficult to detect. The highest priced tea is decidedly of the finest and most delicate flavour, and all who can afford it are right to purchase it; but habit soon reconciles the economical to a coarser tea, which if it be really genuine, is equally advantageous to health and enjoyment.

A silver or metal teapot draws out the strength and fragrance of the tea more readily than one of earthenware, and one of a globular form is most effectual. Boiling water should first be poured into it, to heat the metal before the tea-making is commenced, that less heat may be abstracted from the infusion, and thus the action be more powerful; then into the heated vessel put the quantity of tea required, and half fill with boiling water. If the tea be of very fine quality, you may let it stand ten minutes before filling up; if of coarser kind, five minutes is long enough, or you will draw more of the bitterness than the fragrance of the tea. Never drain all the infusion from the teapot before you re-fill it; leave at least one cup, and when the strength of the leaves is exhausted, do not add more tea to them, but turn them out, and commence afresh, or the bitterness of the old leaves will destroy the flavour of the tea.

Black tea, which is supposed to come to us in the purest

state, is now most commonly used, except in the composition of some kinds of punch, when an infusion of green tea is considered an improvement.

1597. *COFFEE.*

Of the various modes of making coffee, the various vessels for preparing it, there is no end. We have the decoction and the infusion, and the pure essence; and each one advocates his own plan; but for the first steps you must have your material good. The Mocha coffee ranks highest in quality, the Java next, but the Jamaica and Berbice are both to be obtained good, and of moderate price from respectable dealers. The safest plan is to buy the coffee unground and unroasted. A coffee-roaster to attach to the bars of the grate, or to heat with charcoal, is of small cost, and thus you obtain the advantage of roasting your coffee immediately before you make it.

As soon as roasted, transfer it to a flannel bag till cool, that none of the aroma may escape; then grind it the moment before you prepare it. Thus you have genuine coffee, which is always doubtful when you buy it ground; properly roasted instead of burnt black, and above all, you have it fresh.

The old method of making coffee by boiling, which is recommended by Soyer, Kitchener, and many great names in cookery, is still preferred in some families, and we therefore insert the most approved receipts for preparing it; though the result of our own experience is, that the most delicious coffee is obtained by infusion and filtering.

1598. *To boil Coffee.*

Put into the coffee-boiler two ounces of fresh ground coffee, and leave it five minutes on the hob to be heated; then pour over it a pint of boiling water, set it over a slow fire, stirring it a little that every grain of the coffee may become thoroughly moistened, and let it boil gently; then pour out a cupful, hold it above the coffee-pot, and pour it back again, repeat this process two or three times, then set it on a stove, or in a *bain-*

marie to keep hot while it settles and clears, which it will probably do in ten minutes, when it may be poured through a muslin bag into the warmed coffee-pot in which it is to be served. It will not be necessary, if due care be taken, to use isinglass, eggs, or any means to fine it.

Hot milk or cream, as well as cold, must always be served with coffee ; and the finest sugar. It is a mistake to use the moist sugar, which was formerly sent in with coffee.

1599. *To make Coffee by infusion.*

For this purpose it is required to have a vessel with a perforated strainer, or a bag of thick muslin or flannel. The biggin with double percolator makes excellent coffee, but the process is slow and much of the heat escapes as it proceeds. We prefer the simple plan of a horse-hair bag attached to a metal hoop fitted to the metal coffee-pot used for breakfast. Put the coffee required for the party into this bag, always remembering to be liberal if you really require good coffee ; then pour over it gently, moving the coffee with a spoon as you pour, the quantity of boiling water necessary. It will filter through in a minute, and you can remove the bag before you serve the coffee. If more coffee be required, empty the bag and commence the process again ; never attempt to use the grounds a second time.

Of the many machines invented for improving or economising the making of coffee, it would be impossible to determine which was most successful. A cheap apparatus, called Hodgson's Patent,—which has for many years been in use in Derbyshire,—with a bag through which the liquor is rapidly filtered twice, we can, however, especially recommend.

1600. *Burnt Coffee.*

This potent coffee, which is only used after dinner, and is decidedly of French origin, may be prepared in any way, only it must be made as strong as possible. Fill small cups, adding as much powdered sugar as the liquor will dissolve, reducing it to a syrup ; hold a spoon over each cup on which pour about a dessertspoonful of brandy gently, and before it has time to mingle with the coffee, set fire to it, and serve immediately

extinguishing the fire only at the last moment, that the coffee may be very hot.

1601. *Café au lait.*

This coffee, used at breakfast in France, is made very strong,—four ounces of coffee to three-quarters of a pint of boiling water. Have ready boiling milk, made very sweet with fine sugar, and mix with the drawn coffee in the proportion each person likes.

Rusks or finger biscuits are usually served with the coffee.

1602. *Arabian mode of preparing Coffee.*

No people take so much care in making this agreeable beverage as the Mohammedans, whose delicate taste is not vitiated by the use of wine. The coffee must be of the best quality, and specially roasted for each occasion when it is needed; care being taken that this operation should be quickly done, so that the berries be not dried, but retain their moisture. They must then be pounded thoroughly in a mortar, and passed through two sieves, the last of such fine muslin that the coffee passed through is an almost impalpable powder. Stir three cups of this powder, with a stick of cinnamon, into a coffee-boiler which contains the same quantity of boiling water. Set it on the fire, and let it reach the boiling point, then withdraw it for a minute, and again replace it several times, till a cream is formed on the surface; then add another cup of boiling water; pour out the coffee into the cups, and serve immediately, without sugar or milk. According to the account of all travellers, the aroma and flavour of coffee thus prepared is most delicious.

The coffee is much more aromatic when pounded than when ground.



CHOCOLATE.

Chocolate is the delicate product of a combination of vanilla, with sugar, cinnamon, and the berry of the cacao-tree. When obtained genuine and properly prepared, it is an elegant, wholesome, and agreeable beverage. It has even been asserted,

by a writer of judgment, that after a hearty breakfast a cup of good chocolate rapidly aids digestion.

1603. *To make Chocolate.*

When chocolate is commonly used in a family, it is necessary to have a chocolate boiler, through the lid of which a small movable stick is passed at the end of which is the head, named the mill, which is used to work the chocolate into a froth by holding the stick between the two open hands and whirling it round incessantly and rapidly, till the chocolate is quite mixed and frothed.

The chocolate must be simmered, but never boiled, or the oil will rise to the surface.

Rasp a cake of chocolate into the boiler, with a pint of boiling water, simmer and mill it till the whole be dissolved, then pour it out and keep in a cool place till wanted. At any time put a tablespoonful or two, according to the strength required, of this into as much milk, with sugar; simmer and mill it to froth. Serve with rusks or dry toast. Or, for one person, dissolve an ounce and a half of rasped chocolate in half a pint of water, then add as much milk; simmer and mill it to froth, and serve immediately.

In Spain, where the best chocolate is made, it is usually pounded in a mortar to an imperceptible powder, then simmered in water only and milled to a perfect smooth mixture, and served with *eau sucrée*.

1604. *Cocoa.*

Cocoa is to be purchased in different forms. If bought as prepared cocoa, directions for the preparations are given; generally it requires half an ounce to be boiled in a pint and a half of water. The cocoa-nibs, or roughly-ground beans of the cocoa tree, require to be boiled three or four hours, then left to cool, and the fatty matter skimmed from the surface, which would be offensive to a delicate stomach. It is then served like chocolate.

*PUNCH, LIQUEURS, SYRUPS, &c.**1605. Punch.*

The art of making good punch lies entirely in the preparation of the sherbet, which should be at once rich and delicate in flavour, then the addition of the wine and spirits can be varied to taste, and the result cannot be unpalatable. We add the most approved receipts for a beverage which though seductive in quality rarely disagrees with the drinkers if taken in moderation.

1606. To make Sherbet for Punch (Kitchener's receipt).

Rub the outer rind of one large lemon and a small Seville orange upon half a pound of fine sugar, in pieces; then add the thin paring of another lemon, put the sugar in a bowl with a small quantity of boiling water, and the juice of the lemons and orange with a little more boiling water. This must be well stirred together, allowed to cool, and spirits, wine, and water added afterwards.

1607. Brixton Punch.

Put into a bowl four ounces of loaf sugar; add one large lemon cut into slices as thin as possible. Pour over these three tumblers of boiling water, one tumbler of sherry, and one of brandy. Let the punch stand a quarter of an hour then take out the lemon and leave the liquor to cool.

1608. Birthday Punch.

Break into pieces one pound of loaf sugar, and upon these rub off the yellow outer rind of two good-sized fresh lemons. Put the sugar into a large China bowl, and squeeze over it the juice of one lemon and a half; then pour over it by slow degrees two quarts of boiling water, smoothing and blending as you proceed. This forms the sherbet, which must stand till it is perfectly cool, then add one bottle of brandy, one of rum, and one of sherry. Mix them by pouring the whole once

or twice from one jug to another. Keep in a covered vessel till wanted. This punch, though potent, is delicate in flavour. It is our own receipt, and we can vouch for the perfect satisfaction it always gives.

1609. *Yorkshire Punch.*

Rub the rind off three lemons on three-quarters of a pound of sugar ; add to this sugar the outer rind of one lemon, and one Seville orange, the juice of three Seville oranges, and six lemons with a pint of dissolved calf's-foot jelly ; pour over by degrees two quarts of boiling water, mixing the materials well, and keep it on a warm hearth twenty minutes ; then strain the sherbet, and add half a pint each of rum, brandy, and clarified syrup, and a bottle of orange or lemon shrub.

1610. *Oxford Punch.*

Make the sherbet as for the Yorkshire punch above ; strain it into a large bowl, and add one pint of brandy, one pint of rum, half a pint of sherry, a quart of orange shrub, and a bottle of capillaire, mixing the whole very well, and leave to cool.

1611. *The Regent's Punch.*

Infuse the thin outer rind of two lemons and two Seville oranges, with four pounds of chopped bloom raisins, in the juice of the fruit reduced to a syrup, with half a pound of fine white sugar-candy, and leave it to stand for an hour ; then pour over it a pint of cold, strong green tea, and stir well ; add half a pint of rum, one pint of brandy, one bottle of Madeira, one pint of Curaçoa, half a pint of pine-apple syrup, one bottle of Seltzer water, and two of Champagne ; strain it through lawn ; bottle immediately, and keep in ice till wanted.

1612. *Ponche à la Romaine.*

Take the juice of ten lemons and two sweet oranges and dissolve in it two pounds of fine powdered sugar ; add the thin rind of one lemon and one orange, and let it stand one hour ; then strain it through lawn ; stir in by degrees the whites of ten eggs beat to a froth, and freeze the mixture in an ice pail ; when

wanted, mix together a pint of rum, half a pint of brandy, a cup of green tea, and a pint of champagne, and add the ice, stirring it briskly till it dissolves.

1613. *Hot Milk Punch, Cambridge Fashion.*

Rub the rind of two lemons entirely away on half a pound of sugar in lumps ; put it in two quarts of new milk, and simmer over the fire ten minutes, then draw it aside ; beat up the yolks of three eggs in half a pint of cold milk ; strain it, and stir by degrees into it the hot milk ; add a pint of rum and half a pint of brandy, and mill the whole into a froth over the fire ; then serve to drink immediately.

1614. *Excellent Milk Punch.*

Infuse the outer rind of four lemons and one Seville orange in a pint of rum for twelve hours, keeping it closely covered ; then strain it, and add one quart of lemon-juice and four quarts of water in which three pounds of loaf-sugar have been dissolved ; add the whites of four eggs beaten to a froth and four quarts more of rum ; when well mixed, pour over all two quarts of boiling milk ; run it through a flannel jelly-bag, and bottle it. It may be used immediately or kept for some time.

1615. *Hot Punch Royal.*

Pour the juice of two limes over four ounces of sugar, a thin slice of lemon, two glasses of warm calf's-feet jelly, two glasses of rum, two of brandy, one glass of arrack, one of curaçoa ; when mixed, pour over a pint of strong, boiling gunpowder tea ; mix well, and serve as hot as possible.

1616. *Theodore Hook's Gin Punch.*

Pour over the thin outer rind of one lemon half a pint of gin and a tablespoonful of lemon-juice ; add two ounces of powdered sugar, a glass of maraschino, one pint of cold water, and two bottles of iced soda water. This should be drank immediately.

1617. *Whisky Punch or Toddy.*

This genuine Irish beverage is generally made one third from whisky, two thirds boiling water in which the sugar has

been dissolved, and if preferred, a little lemon-rind rubbed on the sugar, and a small proportion of the juice added to the boiling water before the whisky is poured in.

1618. *American Mint Julep.*

Put into a tumbler eight or ten leaves of young fresh mint ; cover with a large teaspoonful of pounded sugar ; fill it up one third with brandy ; then fill up the remainder with powdered ice ; pour it once or twice from one glass to another ; rub the edge of the tumbler with a fresh-cut pine apple, and drink the liquor through a straw.

1619. *American Toddy.*

Dissolve one pound of fine sugar in two pints of cold water ; add the thin peel of five lemons and a dessertspoonful of the juice ; flavour with a slice of pine-apple, a peach peeled and divided, or a tablespoonful of strawberries ; a quarter of an hour before the toddy is placed on the table, add a full pint of Jamaica rum and a lump of ice.

1620. *West Indian Sangaree.*

Dissolve four ounces of sugar in a large wine-glass of lime-juice ; grate into it a quarter of a nutmeg ; add a quart of cold water, a bottle of Madeira, and half a pint of brandy. A lump of ice renders the sangaree perfect.

1621. *Sherry Cobbler.*

Rasp the ice into fine shavings with an ice plane, and half fill a large tumbler with them ; add the thin rind of half a lemon and two teaspoonfuls of powdered sugar ; pour over them two glasses of sherry ; stir the whole well together, and drink through a glass tube or a straw.

1622. *Canadian Sherry Cobbler.*

Rasp half a large tumbler of ice ; add two glasses of sherry, a large teaspoonful of powdered sugar, and the quarter of a lemon cut up into dice ; pass it rapidly from one glass to another till mixed well ; then drink it through a tube or straw.

1622.* *Tiger's Milk, an Indian Morning Draught.*

Beat the yolks of three eggs ; add two tablespoonfuls of powdered sugar, three cloves, the thin rind of half a small lemon, and half a pint of brandy ; pour over it a quart of warm new milk ; grate a quarter of a nutmeg over it, and serve immediately.

1623. *Bishop ; or, Oxford Night-Cap.*

Stick into a lemon half a dozen cloves, and roast the lemon at some distance from the fire ; put into half a pint of water two drachms each of cloves, cinnamon, ginger, mace, and allspice, and boil for half an hour ; put into a saucepan over the fire a bottle of port wine, and when it is on the point of boiling, add the infusion with the spices and the roasted lemon ; rub the outer rind off a small lemon on four ounces of sugar in pieces, and put it in the bowl with half the juice of the lemon squeezed over it ; then pour upon it the heated mixture, and stir it well. Serve it hot with the lemon and spices in it.

A Seville orange roasted stuck with cloves is sometimes substituted for the roast lemon.

1624. *Egg Wine.*

Beat up to froth the yolks of six eggs with four ounces of powdered sugar and a small nutmeg grated ; extract the essence from the rind of a small lemon on two ounces of sugar, and put it with a bottle of sherry and a small stick of cinnamon into a saucepan over the fire ; when it reaches the point of boiling, pour it into a jug with one glass of cold sherry, and from thence pour it gradually over the eggs, stirring it well, and transferring it from one vessel to another till thoroughly mixed and frothed. Serve immediately, quite hot.

1625. *Wassail Bowl.*

Put over the fire a pint of strong ale with half a pound of Lisbon sugar, a grated nutmeg, and half an ounce of grated ginger ; when it reaches the boiling point, add a quart of cold ale and four glasses of sherry, with two ounces of loaf-sugar in which the outer rind of a lemon has been rubbed, and three

thin slices of lemon ; make the whole hot, but not boiling ; roast half a dozen small apples cored and filled up with sugar, but not pared ; put them into a large china bowl, and pour the hot mixture over them. Serve immediately.

This is a Christmas-eve regale.

1626. *Ale Flip.*

Heat over the fire to the boiling point, a quart of strong ale. Beat up separately to froth the yolks of four eggs and the whites of two ; mix them by degrees with six ounces of Lisbon sugar, and half a nutmeg, grated ; then pour over by degrees the hot ale, beating up the mixture ; pour it rapidly from one jug to another, raising the jug to a great height to froth the liquor, and continue till it is smooth and foaming. Serve quite hot.

1627. *Mulled Claret, French fashion.*

Bruise a drachm each of ginger, cinnamon, and two drachms of cloves, and put, with three ounces of loaf sugar and a strip of orange-rind, in a quarter of a pint of water ; let it boil to a thick syrup, then add a pint of claret, and let it reach the boiling point only ; then serve immediately.

1628. *Claret Cup.*

To a bottle of light claret, add half a pint of cold water, a tablespoonful of powdered sugar, and a drachm each of cinnamon, cloves, and allspice, finely-powdered. Mix all well together, then add to the cup half the thin rind of a small lemon, and put on the top a sprig of borage. This is a pleasant summer beverage. In India slices of fresh lime are substituted for the lemon, and a green chili and a glass of brandy added.

1629. *Badminton.*

Peel half a middle-sized cucumber, and put into the cup for serving, with four ounces of powdered sugar, half a grated nutmeg, and a bottle of claret. When the sugar is dissolved, pour in a bottle of soda-water, and serve the cup.

1629*. *Hebe's Cup.*

Put the thin outer rind of a lemon into a bowl, with a dozen very thin slices of cucumber; add three ounces of sugar, and pour over, one bottle of light claret, two glasses of sherry, one of brandy, and a bottle of soda-water. Mix all well together, and put the bowl in ice for half an hour; then it is ready for use, with the addition of another bottle of soda-water poured in at the last moment.

1630. *An excellent Cool Cup.*

Half fill a china bowl with sliced apple, and lemon sliced very thin, arranged in alternate layers, each layer being thickly strewed with fine powdered sugar. Pour over the fruit a bottle of light claret, cover closely, and let it stand six hours; then run it through a jelly bag, put a piece or two of ice in the cup, and serve immediately.

1631. *Cider Cup.*

Toast a square of bread, and grate over it half a nutmeg; lay it at the bottom of the cup, strew over it three ounces of powdered sugar, then add the juice of a lemon, the thin rind, and half a pint of sherry. Pour over it a bottle of cider, mix the whole well, put it in ice an hour, then add a glass of brandy and a sprig of balm, and serve.

1632. *Ale Cup.*

Lay at the bottom of the cup a toast, with half a grated nutmeg, and two ounces of powdered sugar, then a glass of brandy, a glass of sherry, a glass of capillaire, the juice of a lemon, and a thin strip of the rind. Pour over these, mixing well, a quart of mild ale, and put upon it a sprig of balm. Serve it as cold as possible.

1633. *Lemonade.*

Rub the outer rind off a lemon on five ounces of loaf sugar, and squeeze over it the juice of three lemons, then pour upon this a quart of boiling water, cover, and let it cool. This is, we think, much pleasanter than the boiling water poured over the

sliced lemon, as you thus obtain all the essential flavour of the fruit.

1634. *Lemonade to bottle for use.*

Rub the rind off three lemons on eight ounces of sugar, put the sugar into a bowl, and squeeze over it the juice of eight lemons. Put the thin rind of the three lemons into a quart of boiling water, and let it stand two hours; then pour it over the lemon and sugar; boil one quart of milk with eight ounces more of the sugar, and pour it to the rest. Mix well together, then run the liquor through a jelly bag, and bottle for use. It is a pleasant beverage for those who abstain from fermented liquors.

1635. *Orangeade.*

Squeeze the juice of six China oranges and three Seville oranges, boil the peel of the Seville oranges in half a pint of water for half an hour, and add to it, with eight ounces of fine sugar; then pour over them a quart of boiling water, cover, and let the liquor stand to cool, then run it through a jelly-bag, and ice it if you choose.

1636. *Rhubarb Sherbet.*

Choose some fine red rhubarb, cut it up, and put half a pint of the pieces into a stewpan, with a quart of water; boil it twenty minutes, then strain it into a jug with three ounces of loaf sugar, on which the rind of a small lemon has been extracted; cover it, and let it stand to cool. It is a pleasant and wholesome beverage.

1637. *Imperial.*

This pleasant and refreshing beverage is perfectly wholesome if drank in moderation, but, like all acids, may become injurious if indulged in to excess. To one ounce of tartaric acid, add twelve ounces of sugar, on which the outer rind of a lemon has been rubbed, and the juice of the lemon; pour over four quarts of boiling water, and let it stand till quite cold, then bottle till required.

1638. *Raspberry or Strawberry Vinegar.*

Put the fresh fruit into stone jars, pouring over every pound of fruit a quart of the best white wine vinegar ; let them stand a day, then pour off the vinegar on the same quantity of fresh fruit ; on the following day again renew the fruit, always draining off the vinegar, till the last time, when it may be run through a canvas bag dipped in vinegar ; then add to every pint of the vinegar, one pound of good loaf sugar, broken into pieces. When nearly dissolved, simmer over the fire five minutes ; let it stand twelve hours, then skim and bottle it.

This is a very useful preparation. A spoonful in cold water makes a very refreshing beverage, especially in fevers or complaints of the chest. Be careful to use no glazed or metal vessel for making it. An enamelled saucepan is most suitable for the purpose.

1639. *Apricot Syrup.*

Divide and stone the apricots, blanch the kernels, and chop very small ; put the fruit and kernels over the fire, with a few spoonfuls of water to prevent them burning, and reduce them to a marmalade ; then run off the juice through a jelly-bag. Put one pound and a half of sugar to each pint of the juice, and boil it gently for ten minutes over a slow fire, to remove the scum and bring it to a rich syrup ; let it cool, and bottle it. This delicious syrup is very useful to keep for creams, ices, and other delicate *entremets*.

1640. *Orange Syrup.*

Squeeze out the juice of two or three dozen of sweet oranges adding the juice of three Seville oranges to each dozen. Put the juice over the fire, and let it boil gently till you remove the scum. Put the rind of the Seville oranges into a pan with half a pint of water, and boil till it is reduced half, then strain it and set it aside. Run the orange-juice through a jelly-bag, and put on the fire, with two pounds of pounded sugar to every pint of juice ; let it boil gently for ten minutes, skimming it carefully, then add a tablespoonful of the decoction of the peel to each quart of the syrup, stir it well in, and simmer five minutes longer, then let it cool and bottle it.

1641. *Sirop de Groseilles Framboisées.*

Put the proportion of two pounds of red currants to one pound of raspberries, into a large jar, crush them well, and leave them for twenty-four hours, then run off the juice quite clear; add two pounds of sugar to every pint of juice, boil it gently, removing the scum till it no longer rises; then pour it out, and when cold, bottle it for use.

Syrup of cherries, strawberries, &c., is prepared the same way.

1642. *Orgeat, or Almond Syrup.*

Blanch one pound of sweet almonds and two ounces of the bitter, and pound them in a mortar, with two tablespoonfuls of cold water; add by degrees, two or three ounces of loaf sugar, and, gradually, a pint of cold water, pounding and mixing it with the almond paste. Strain it through a calico bag, pressing out all the milk of the almonds well; put the almonds back into the mortar, with three ounces more of sugar, and another pint of water; pound and strain to the other milk; mix gradually with it a quarter of a pint of orange-flower water. Then make a syrup of four pounds of sugar in three quarts of water, boiling and skimming it two or three times; strain it, mix the almond emulsion and the syrup well, set it over the fire and bring it to the point of boiling, then pour it out to cool, after which bottle it for use. It is a delicious flavour for sauces, creams, or beverages.

1643. *Capillaire.*

This pleasant syrup, so useful in punch or other beverages, derives its peculiar flavour from the fern, maidenhair (*Adiantum*), and may be easily prepared at home.

Put an ounce and a half of fresh gathered maidenhair into half a pint of boiling water, cover it, and leave it on a hot hearth, or slow stove, for twelve hours; then run the infusion through a jelly-bag. In the meantime, make two quarts of clarified syrup of three pounds of sugar, and when quite clear, pour in the infusion of maidenhair, with a tablespoonful of orange flower-water; mix it well, and stir for ten minutes over the fire; run the whole through a jelly-bag. Let it be quite

cold, then bottle in pint bottles, covering and sealing the corks.

1644. *Raspberry Brandy.*

Into one gallon of brandy, put two quarts of fresh ripe raspberries, bruising and stirring the fruit in the liquor; cover very closely, and leave to steep ten days; then add one pound of sugar, let it dissolve, strain through a jelly-bag, bottle it, and a week after rack it off into fresh bottles; it will then be fine, and must be closely corked.

1645. *Ratafia.*

Blanch two ounces of peach or apricot kernels, pound them a little with a spoonful of brandy, then put into a jar with a quart of brandy, and cover up very close. Let it stand three weeks, frequently shaking the jar, then add half a pound of white sugar-candy dissolved in a quarter of a pint of cold water. Shake it up, then strain through a fine bag, and bottle for use in small bottles.

We need scarcely add that however delicious, this flavour should be used with caution and moderation, and never entrusted to a person ignorant of its poisonous qualities. In fact, the bottles should be marked "*Ratafia (Poison).*"

1646. *Noyeau.*

This seductive and somewhat dangerous liqueur, which is prepared in the island of Martinique, may be successfully imitated by careful housekeepers. We give a tried receipt which is excellent, and one, much more simple, which has been always approved by our friends.

Blanch and pound two pounds of bitter almonds, or four of apricot kernels, and infuse them in a gallon of white brandy, with two pounds of white sugar-candy, a grated nutmeg, and a pod of vanilla; leave it covered close for three weeks, then filter it, and bottle, but do not use it for two or three months.

Or, for present use, infuse four ounces of peach leaves or young shoots in a quart of whisky, well covered for forty-eight hours; make a clarified syrup of one pound of sugar with a pint of water, and when cold add to the infusion.

Then filter it through wash-leather, and bottle; to be used immediately.

1647. *Cherry Brandy.*

This cordial, which imperfectly imitates the celebrated Kirchenwasser of Germany, is much improved by adding the cherry-kernels, which give the liqueur that peculiar *bouquet* so much admired by connoisseurs.

Take six pounds of black and Morella cherries, stone half the quantity and prick the rest; throw the whole into a deep jar, adding the kernels of the half slightly bruised, and two pounds of white sugar-candy; pour over two quarts of brandy. Cover the jar closely with bladder, and let it stand a month, shaking it frequently; then filter the liqueur, and bottle it for use. The cherries may be dried on a sieve for dessert fruit.

1648. *Curaçoa.*

Pour over eight ounces of the thin outer rind of Seville oranges, a pint of boiling water, cover, and let it stand to cool; then pour over these two quarts of brandy or spirits of wine, cover it closely and let it infuse twelve or fourteen days, shaking it every day. Make a clarified syrup of two pounds of fine sugar in a pint of water, take out the peel, and add the syrup to the brandy, leaving it covered close for another day. Put into a mortar a drachm of potash with a teaspoonful of the liqueur, rub them well together, and put into the jar, then in the same way pound and add a drachm of alum. Shake all well up, and in an hour or two filter through thin muslin, and bottle. It will be ready in a week or two; an excellent liqueur, and an agreeable addition to creams, punch, &c.

1649. *Maraschino.*

Bruise lightly a dozen cherry kernels, and put in a deep jar with the outer rind of three Seville oranges and two lemons, cover with two quarts of gin; tie up the jar with bladder, and leave to infuse for a fortnight; then make a clarified syrup of two pounds of sugar in one pint of water, stir into the spirit, and leave for another day; run it through a jelly-bag, and bottle it to use in ten days or a fortnight.

1650. *Liqueur de Quatre Fruits.*

Take three pounds of Morella cherries, three pounds strawberries, two pounds of raspberries, and two pounds of black currants, draw off the juice and put into a deep jar with the kernels of half the cherries; put six ounces of sugar, dissolved in half a pint of water, to each quart of juice, cover and leave for a day; then add as much brandy as you have juice, stir it well, run it through a jelly-bag, and bottle for use. This makes a pleasant summer drink mixed with iced water.

*HOME-BREWED WINES.*

We should probably only subject ourselves to ridicule, if we ventured to assert that some of the carefully made wines from our native produce, are as wholesome and pleasant as the light wines of France; yet we know many families that prefer them and who having large gardens or productive orchards, devote a little time yearly and a small expenditure in sugar to provide these agreeable and cheap family luxuries.

The single point which requires great attention in manufacturing these English wines, is to watch the fermentation and to arrest it at the proper moment. It must also be remembered that the proportion of water used must be just, or the wine will not keep. The addition of brandy is by no means necessary, as it is frequently injurious to the flavour of the wine, and a pleasant, rather than an intoxicating wine is desirable.

The fermentation must never be allowed to proceed to the *acetous* stage, or the wine will be soured; neither must it be stopped too early, or the liquor will be crude and unfit for keeping. The day after the infusion of the materials is made, the hissing or boiling commences, and bubbles rise to the surface; after the preparation is put into the cask, this working or ebullition continues for some weeks; and the barrel must never be bunged up till the moment this hissing subsides, except in certain sweet wines meant to be effervescent.

In most home-made wines it is necessary to add sugar, to prevent the carbonic acid gas produced on fermentation.

The best English fruits for wines are the gooseberry, currants, mulberry, elderberry, raspberry, and cherry.

Raisins, with careful management, decidedly produce the wine most resembling the foreign wines. We have tasted raisin wine, made without sugar or brandy, that had been some years in bottle, which could not be distinguished from Madeira.

Pleasant wines may also be made of ginger, elder-flowers, and other vegetable productions.

1652. *Excellent Raisin Wine.*

To one hundredweight of good Smyrna and eight pounds of Malaga raisins put twenty gallons of clean, soft, cold water, in a large brewing vat; stir it with a wooden spatula every day for a month; then pour it through a horsehair bag into a barrel, pressing the raisins as dry as possible; leave the barrel open till the hissing subsides, then immediately bung it up; let it stand for twelve months, then rack it off into a clean cask; clear off the dregs; bung it up, and at the end of two more years bottle it. This is an excellent wine. You may rinse out the bottles with brandy before you fill them with the wine.

1653. *Elder Wine.*

Draw off in the oven or over the fire the juice of very ripe elderberries; put one gallon of boiled and cooled water to one quart of juice, one pound and a half of moist sugar, one ounce of cloves, and one of ginger; the sugar and spices boiled in the water; put the liquor then into a tub, with a toast of bread covered with yeast; stir it for a day and night, then strain it into a barrel; let it ferment, and when it ceases, close up the barrel, and bottle it when it has stood three or four months. It makes an excellent winter cordial when heated and served with dry toast.

1654. *Raspberry or Currant Wine.*

Pour four gallons of water over the same quantity of fresh ripe fruit; bruise the fruit well with a wooden spatula, and

leave it to stand for twenty-four hours ; then strain, and press the fruit ; add four pounds of loaf-sugar, dissolved in a little of the liquor, to each gallon ; put the liquor into a cask, stirring it every day till the fermentation stops ; then close the cask ; let it stand for three months, and bottle it. Gooseberries, black currants, cherries, &c., may be prepared in the same way, with more or less sugar, according to the nature of the fruit.

1655. *Gooseberry, or Red or White Currant Champagne.*

For the manufacture of mock champagne, you must have very ripe red and white currants, the pink champagne currant, or the amber gooseberries, called Champagne gooseberries. Pour cold water over them in the proportion of three quarts of water to one gallon of fruit, bruising, mashing, and stirring every day for a week ; then strain, and add four pounds of loaf-sugar to every gallon ; put a little yeast to it, and let it ferment for two or three days, then run through a jelly-bag into the cask ; leave it open till the fermentation subsides ; fine it by adding an ounce of isinglass dissolved in a bottle of the wine, and close the cask. In six months you may bottle the wine.

1656. *Good Ginger Wine.*

Boil together three gallons of water and ten pounds of loaf-sugar ; then turn it out to cool, except one quart, in which boil for half an hour the thin rind of three large lemons and one Seville orange, with four ounces of pounded ginger, and four ounces of raisins ; when nearly cold, mix all together, adding the juice of the orange and lemons, an ounce of isinglass, and two tablespoonfuls of yeast ; put into a cask, and stir daily for two days or till the fermentation ceases ; then close, and leave for six weeks ; rack it carefully into a clean cask, and leave it for another month ; then bottle it. If required to be strong, you must add after the fermentation ceases a bottle of brandy.

1657. *Ginger Beer.*

This beverage, one of the most agreeable of summer drinks, may easily be made at home. Put into a large vessel two pounds and a half of good loaf-sugar, two ounces of bruised

ginger, the juice of two lemons, and the peel, with half an ounce of cream of tartar ; pour over these two gallons of boiling water ; cover the pan, and leave it till nearly cool ; then put upon the liquor two tablespoonfuls of yeast on a toast, and leave it to ferment two days ; then strain it ; bottle it in small stone bottles, with the corks firmly wired down.



CHAPTER XXVI.

PRESERVES, JELLIES, &c.

THIS important branch of domestic economy would require a volume if we should enter into all the scientific explanation of the operation of preserving fruit. We shall content ourselves with general directions, and some tried and approved receipts, requesting our readers to pay particular attention to these useful preparations, which, well made and well preserved, form such a large part of the wealth and pride of the store-room.

Home-made, well-boiled jams, are useful, wholesome, and delicious, and when the fruit is home-grown, are really a cheap luxury.

The fruit should be preserved perfectly fresh, gathered in dry weather, and free from dust or decay. The sugar ought always to be of good quality: it is no economy to use the low priced moist sugar, the waste in scum is more than the difference in price to the loaf-sugar.

Fruits require more or less sugar according to their nature; if too little be used, the process is imperfect, and the fruit will not keep; if too much, the flavour is lost, and the result is a cloying, unwholesome confection. Except in jellies, it is never necessary to use equal weight. Raspberries require the smallest proportion of sugar, and make the most useful and wholesome jam; plums, especially damsons, require the most, nearly an equal weight. Gooseberries require most boiling that the skins may dissolve, or the jam is not wholesome; this boiling should be half accomplished before the sugar is added. Usually it is better, in common jams, to boil the fruit first, and continue after the sugar is put in to boil from a quarter to half an hour, according to the quality of the fruit.

In the more choice and delicate preserves, the syrup is first made, and the fruit then added to be preserved, unbroken ; and in making this syrup lies the difficulty to an untaught cook. We give a good receipt for the preparation, which should never be left unwatched, for if it pass beyond the gradation of boiling required, the nicety of the syrup is destroyed. For this, and in all other cases in preserving, the sugar must be broken up into convenient pieces, but not powdered, or it makes the syrup or jam turbid.

Jellies are usually made with a larger proportion of sugar than jams, and require less boiling. There are several modes of preserving unripe fruit without sugar ; but though the fruit thus preserved affords a novelty in the winter season, the mode of preserving it renders it less wholesome than when prepared with sugar.

The appliances for making preserves should be used solely for that purpose, lest they should have the least flavour of any other cookery, and must be kept perfectly clean. These are the wooden spoons or spatulas, the sieves, strainers, jars, or bottles. No metal should be brought in contact with the juice, if possible ; copper and brass pans are highly objectionable, and if the fruit stand any time in them, even dangerous. Block tin are better, but are apt to change the colour of the fruit. Decidedly the best is the modern German enamelled pan, on which the acid has no effect, and which does not affect the colour of the jam. This pan should be made with a bow over the top to suspend it over the fire at a sufficient distance to prevent burning, if a preserving stove-plate is not at hand.

Remember that all preserves require constant watchfulness. They must be stirred continually, slowly at first and then quicker, and the scum must be removed immediately that it is formed.

Jam-pots should stand uncovered for two days, then dip tissue-paper in white of egg, and press closely over the fruit ; let it dry, then dip the outer cover of writing-paper also entirely in the white of egg, and press it over the sides till it perfectly adheres : this excludes the air better than any other method. If kept in a closet or press, it should be dry and cool, and the door should frequently be opened ; for though the air must be excluded from the fruit, it should be allowed to fall on the jars. The best plan is to have a set of narrow

shelves with a wire net before them, which enables a careful housekeeper to see at once the condition and the quantity of her preserves. The glass jars lately introduced for jams are excellent, as you can see the state of the contents without uncovering, and if any fermentation should begin, you can without delay proceed to re-boil the fruit with more sugar, which will then be necessary.

All sugar must be dried and heated before the fire previous to mixing with the fruits.

Jars that have been used for other purposes, especially if the glaze be cracked by the heat of an oven, are utterly useless for preserves.

1659. *To clarify Sugar for Syrup.*

Break the sugar into pieces about an ounce each, and put into a bowl one pound and a half to half a pint of cold water, and allow it slowly to dissolve ; then set it over the fire, adding the white of an egg well whisked, and let it boil, when you must check it with a spoonful of cold water. When it rises to boil the second time, take it off the fire, and let it stand till the scum rises; take this carefully off with a skimmer, and pour off the syrup slowly, leaving the sediment ; or, if for very choice preserves, strain off the syrup. This is the first process of boiling. For some peculiar confections, the syrup must be boiled by a repeated process to the "full candy height," as in the case of dried or candied fruits.

1660. *Rhubarb Jam.*

There is no jam more useful and wholesome for family use than that made from the young stalks of rhubarb—spring fruit as it is called. Pare the stalks, and cut them up as for tarts ; and to every twelve pounds of the rhubarb, add ten pounds of sugar in lumps, with the juice of a lemon and the peel, which must be taken out after the jam is boiled. Boil it with the sugar very slowly that the stalks may dissolve ; this will not be in less than half an hour. It must be stirred continually.

1661. *Raspberry, Currant, or Gooseberry Jam.*

These jams all require three quarters of their weight in sugar ; but the fruit must be boiled first till broken. The rasp-

berries and currants will not require more than half an hour's previous boiling, the gooseberries nearly an hour, before the sugar is added, when they must boil twenty-five to thirty minutes more. Be careful to stir, and to remove the scum. Gooseberry jam is much improved by the addition of a small quantity of red or black currant juice.

1662. *Apricot or Greengage Jam.*

Pare the apricots, divide them, and take out the stones; have ready half the quantity of sugar required, in powder, and strew over the apricots, leaving them for six hours; then boil slowly to a jam, with a fourth part of the kernels, blanched, split into strips and added; the remainder of the sugar, to make up three-quarters of the weight of fruit, must then be added in lumps. Simmer slowly half an hour, then turn into small pots or glasses. Greengages or peaches may be made into jam the same way.

1663. *Cherry Jam.*

Stone any quantity of Kentish or Morella cherries, and put on the fire with half the kernels, blanched and pounded; let them boil quietly for three quarters of an hour, stirring the fruit without crushing it, then add half the weight of the cherries in loaf sugar; continue to stir from the bottom, and remove the scum for nearly half an hour, then turn out into pots.

1664. *Mixed Jam for Nursery Use.*

A good jam for common use may be made of cherries, gooseberries, currants, or any fruit in season, picked or stoned, boiled for half an hour, and then the proportion of half the weight in any cheap sugar may be added, and the boiling continued twenty minutes longer. This jam should not be kept longer than a few months.

1665. *Damson or Wine Sour Jam.*

This jam is very rich, and much liked. Take fresh-gathered fruit, split and stone them, and boil for three quarters of an hour; then add three quarters the weight in sugar; stir and

skim for twenty minutes longer, or rather less for wine sours than damsons.

1666. *Magnum Bonum Plum Jam.*

Procure the plums perfectly ripe, or the stones are not easily removed; divide and stone them; boil for forty minutes, stirring them well; add the sugar in the proportion of three quarters of the weight, with one fourth of the kernels, blanched and split, and boil for a quarter of an hour longer.

1667. *Green Gooseberry or Currant Jam.*

Pick the fruit quite clean, then weigh with an equal proportion of sugar; boil the fruit slowly for a quarter of an hour, stirring and breaking it with the spatula, that the juice may prevent it from burning; then add the sugar, and continue to stir and skim for forty minutes, or till it is a perfect jam. This is a very agreeable preserve when well managed.

1668. *Blackberry Jam.*

As the blackberry, the most delicious of our native fruits, is to be had for the trouble of gathering in most parts of England, blackberry jam is one of the cheapest of preserves; it is, moreover, a fruit of rare and excellent quality, and may be eaten not only with safety, but with beneficial effects by all. The berries are ripe and plentiful in September, and merely require nice picking, half the weight of any kind of sugar, and three quarters of an hour boiling. The single objection to the jam is the quantity of seeds; but the jelly made from this fruit is perfect.

1669. *Apple or Pear Jam.*

Pare and quarter ripe juicy apples or pears, and boil them at a great distance from the fire till they become a jam. Have ready a rich syrup (No. 1659), and add in proportion of one pint of syrup to three pounds of fruit, and boil for a quarter of an hour. Turn out into pots.

1670. *Green Apricot Jam.*

Scald the apricots for a minute, then gently rub off the down, and put them over the fire at some distance, with two

or three spoonfuls of clarified syrup, and let them boil till they are perfectly tender when pricked, then take them out and drain on a sieve, warm as much syrup as will give a pint to two pounds of fruit, and put in the apricots; let them boil twenty minutes, then put into pots.

1671. *Strawberries, preserved whole.*

Take equal weights of strawberries and loaf sugar, put the sugar into a pan with merely sufficient water to dissolve it, and let it boil till the surface is covered with small bubbles; this will probably be in about twenty minutes; then put in the fruit, with one pint of red currant juice to each pound of strawberries, which improves the colour; allow it to boil five minutes, then put into small jars. It is not necessary to use more sugar for the currant-juice, the strawberries being of themselves so sweet. Red currants or raspberries, with the addition of white currant-juice, black currant, apricot, or other jams, may be made in this way. The advantage over the old process is, that the quantity of jam is greater, the colour finer, and the flavour of the fruit perfectly retained.

As we have seen the results of this plan we cannot dispute its superiority, especially for the finer class of preserves; but for useful jams, intended to be kept at least twelve months, we are inclined to use the methods we have directed in the previous receipts. For barberries in bunches this receipt is admirable.

1672. *Barberry Jam.*

To preserve the barberries whole in bunches for ornamental use the preceding receipt has been successfully tried; but when merely intended for tarts or other cookery, weigh the fruit picked from the stalks, and put it into a stone jar; set the jar in a pan of boiling water, and let it simmer till the berries are perfectly soft; then turn them out into an enamelled preserving-pan with three quarters of a pound of sugar to each pound of fruit, and boil them gently and watchfully fifteen minutes. This is a pretty and not a common jam.

JELLIES.

To obtain good jellies, you must have fresh ripe fruit, abundance of the finest sugar, and the greatest attention to the boiling ; for next to the vexation of mouldy jelly, from scarcity of sugar or under-boiling, is that of candied jelly, an uneatable mass, from over-boiling.

1674. Red Currant Jelly.

This most indispensable article of the store-room rarely fails to be successfully made by any tolerably careful cook, the process is so simple. Put the fruit, quite ripe, over the fire, in an enamelled pan, and stir them till the juice begins to flow freely, then strain it through a jelly-bag, and return the juice to the pan ; boil it for twelve or fifteen minutes, and add fine loaf sugar, one pound to each pint of juice ; stir it till dissolved and five minutes longer, then pour out the jelly into small pots or glasses.

White currant jelly may be made in the same way ; and a mixture of white and red currants makes a pleasant and pretty jelly.

1675. Strawberry or Raspberry Jelly.

Get fine-coloured, fresh, ripe fruit, and put over the fire at a sufficient distance for the juice to flow slowly ; but do not allow it to run longer than it is perfectly clear, probably twenty minutes ; then run it through a jelly-bag without pressing. If the juice is at all turbid, strain it again through muslin into the pan, and simmer it a quarter of an hour ; then add one pound of fine sugar to each pint of juice, and boil it ten minutes longer. Keep it in small glass jars. It ought to be clear and beautiful in colour ; and is very useful for creams or ices.

Cherry jelly may be made in the same way.

1676. Gooseberry Jelly.

This jelly requires more care in the preparation than currant jelly. The gooseberries must not be over-ripe, and must be

trimmed before they are put into the pan ; add a pint of currant-juice to keep them from burning, till they break and the juice flows ; stir them continually, and when quite broken run through a jelly bag and return to the pan, with a pint of syrup to each pint of juice ; boil ten minutes, then pour off.

1677. *Currant or Other Fruit Jellies (unboiled).*

This is a French mode of jellying the fruit, and certainly the flavour is preserved to perfection ; but there is more difficulty in keeping the jelly dry, and in an equal temperature, in our climate ; and it is apt to liquefy. Draw the juice from the fruit in the usual way over the fire ; do not strain, but run it through a jelly-bag or pour it off clear, leaving the fruit for common tarts. Take one pound of sugar for each pint of juice, and powder it in a mortar ; do not buy the sugar powdered, as it is often adulterated, and will then render the jelly turbid. Stir the powdered sugar by degrees into the juice while warm, till it is completely dissolved ; then pour into small jelly moulds or pots, and leave uncovered for twenty-four hours, when it will be completely stiffened, and will keep in a perfectly dry store closet.

1678 *Apple Jelly.*

Pare, core, and quarter fine ripe Ribstones or Golden Pippins, and put over the fire with half a pint of cold water to each pound of fruit ; boil gently till they are well broken up, then pass the whole twice through a jelly-bag, that it may be perfectly clear ; put it again over the fire, boil for a quarter of an hour, then add a pint of rich clarified syrup to each pint of juice ; boil ten minutes longer, and pour off.

Apricot jelly made by this receipt is delicious, and beautiful in appearance.

1679. *Black Currant Jelly.*

This jelly, chiefly used in cases of sickness, should be made as little luscious as is consistent with its safe preservation. The juice must be drawn over the fire, strained and boiled for twenty minutes, then the sugar added in the proportion of three quarters of a pound to each pint of juice, and boiled ten minutes longer.

1680. *Quince Jelly.*

The quinces should not be very ripe : peel, quarter, and core them, and immediately put them over the fire with half a pint of water to each pint of fruit, and boil till tender, but not pulpy ; pour out the whole, and leave the fruit in the juice for six hours, then run it through a jelly-bag. Put the juice over the fire in your preserving-pan for twenty minutes, that the water may evaporate ; then add one pint of clarified syrup to each pint of juice, stir well, and simmer for ten minutes, then pour into the jelly pots.

1681. *Barberry Jelly.*

This is one of the most elegant jellies to introduce at table, and should be carefully made. Procure the fruit in October, when quite ripe, bruise them gently, and put over the fire with a very small quantity of water ; let them gradually break and become tender, which will require nearly an hour, then pour through muslin, and boil up the juice again with an equal quantity of clarified syrup ; in five or six minutes, put out into the pots.

1682. *Orange Jelly.*

Strain the juice of one dozen China oranges and one dozen Seville oranges over the grated rind of one Seville orange ; run the juice through a jelly-bag, and set it over the fire with one pound of fine sugar to each pint of juice, and boil it twenty minutes ; then add one pound of fine loaf sugar to each pint of juice, and boil a quarter of an hour longer ; try if it jellies well, if not, add an ounce of isinglass dissolved in a spoonful of the juice, for there is little gelatinous quality in the juice of the orange ; but if possible avoid this mixture, or you must boil the jelly five minutes longer to stiffen.

MARMALADES.

The most approved marmalades are orange and quince, the welcome addition to English and Scotch breakfast tables ; but there are several other preparations of this delicate confection, which are not only agreeable to the taste, but useful in many cases of sickness. For these we give some of the best receipts.

1683. *Orange Marmalade.*

This delicious preserve, which requires the greatest care in preparation, is made chiefly of Seville oranges, and usually about February or March, when the Seville oranges are plentiful and in the best condition. Pare the outer rind from four oranges for every dozen pulped, and cut the rind up into small chips ; scoop out the pulp, free from seeds and from the white inner skin, weigh the pulp and rind together before you put them into the preserving-pan, and have ready heated equal weight of loaf sugar ; let the pulp and peel boil half an hour, or till the chips are tender, then add the sugar ; and let it boil fifteen minutes longer ; then fill the marmalade pots.

This is a common Scotch receipt, but is very good ; a quarter of the pulp might, however, advantageously be of sweet oranges ; and in English-made marmalade the peel is frequently pounded and added to the pulp, instead of being cut in chips.

1684. *Quince Marmalade.*

Choose fine ripe quinces, and put them into boiling water over the fire till they are tender, then pare, quarter, and core them ; put the cores and skins back into the water ; boil till it is half reduced, and strain it. In the mean time, put the quinces over the fire, and let them stew gently with an equal quantity of sugar, pouring over them the strained liquor, breaking up the fruit with a wooden spatula, and stirring till the whole forms a rich marmalade. This will require two or three hours, after which the marmalade may be poured out into pots.

1685. *Pear Marmalade.*

Pare, divide, and core large pears, boil them in as much water as will cover them till they are tender, then take them out, and put into the same water the parings and cores of the pears; boil till half reduced, and strain. Use the strained liquor in making a syrup of three quarters of a pound of sugar and a pint of water for every pound of pears. When this syrup is boiled till it jellies on the spoon put in the pears and boil up, stirring them for a few minutes, till the marmalade is smooth and ready for the pots.

1686. *Peach or Apricot Marmalade.*

Pare, divide, and stone the fruit, and boil for half an hour, stirring it continually, then add three quarters of a pound of sugar to each pound of the fruit, and one fourth of the kernels blanched, and boil up for a quarter of an hour; the marmalade will then be ready for the pots.

1687. *Green Grape Marmalade.*

Pick the grapes from the stalks and weigh them, then put them over the fire, covered with boiling water, for ten minutes, but do not allow them to break; take them out, and when cool rub them through a sieve with a wooden spoon, and put on the fire, with a pound of sugar to each pound of the grapes; boil gently for a quarter of an hour, then pour out into pots.

1688. *Barberry Marmalade.*

Procure the barberries without stones, pick and wash them, then put them over the fire in cold water, and boil till tender, but not broken, using a quarter of a pint of water for each pound of fruit. Take out the fruit, and make a syrup of a pint of water, using that in which the fruit has been boiled as part, and a pound and a half of sugar to every pound of fruit; boil the syrup to the degree when the surface is covered with small bubbles, then put in the barberries and boil to a marmalade, which will be in ten or fifteen minutes. This is an elegant breakfast marmalade.

1689. *Cherries in Brandy.*

Dissolve a pound and a half of white sugar-candy in a pint of brandy, and drop in as many fine ripe Morella cherries with the stalks half cut away as the brandy will cover, adding half a pint of fresh clear raspberry juice, which will improve the colour ; cover up closely, and when the fruit has absorbed the brandy, add a little more till the cherries be fully saturated ; keep them still covered with the brandy ; cork closely, the corks covered with bladder.

1690. *Peaches or Apricots in Brandy.*

Cover the fruit with a good syrup, and stew them over the fire till perfectly tender, as you can ascertain by passing a needle through ; take them out and put into jars, pouring the syrup over them, and when cold fill up the jars with brandy ; cover and allow the brandy to be absorbed, then renew it, as with the cherries, before you cover the peaches securely.

Nectarines, plums, and other fruit the same way.

1691. *To preserve Cucumbers.*

Choose the cucumbers young, or they will be seedy, peel them, split and put into a jar with a strong brine of salt and water over them ; fill up the jar with fresh vine leaves ; cover the jar, and let it stand three days, then take out the cucumbers, wash in cold water and boil for a few minutes, adding fresh water till they look green, then take them out, drain, and leave them till cold. Make a syrup of a quart of water, four ounces of powdered ginger, a stick of cinnamon, and a pound of loaf sugar to each pound of cucumber, boiling the ginger and cinnamon an hour, and straining the water before you add the sugar ; then boil the syrup thick with an ounce of raw ginger, and clarify it, leaving the ginger in ; when cold, put in the cucumbers quartered, and if too long cut the pieces across, leave them for a day, then boil up with the syrup for ten minutes and transfer to the jars, which must be left uncovered a day, and then tied up. Sliced lemons may be preserved in like manner. This makes a beautiful dessert sweetmeat.

1692. *To keep ripe Fruit in Bottles.*

Gather the fruit perfectly dry and sound, and weigh with an equal quantity of sugar, which must be finely pounded ; bruise the fruit gently in a mortar, not sufficiently to force the juice to flow, then put into wide-mouthed bottles, strewing in the sugar amongst it ; fill the bottles entirely, leaving only space for a coating of melted mutton suet, which will effectually exclude the air. Raspberries, strawberries, or currants, preserved this way, make delicious tarts or creams in the winter.

1693. *To keep Green Gooseberries or Currants in Bottle.*

Procure the fruit fresh gathered on a dry day, cut off the tops and stalks, taking care not to wound the fruit ; fill dry, wide mouthed bottles, cover the fruit with water, then put into a large boiler filled with cold water, with hay round each bottle ; gradually heat the water to the boiling point, and let the simmering continue half an hour ; then extinguish the fire, and leave the bottles in the water till it is cold. Cover the corks with bladder, and store the bottles in a cool, dry cellar.

1694. *Dried Gooseberries.*

Take large, ripe, red gooseberries, and boil them in a good syrup of a pound and a half of sugar to every pint of water, this quantity being sufficient for two pounds of gooseberries ; simmer them at least a quarter of an hour, then turn them out in the syrup and leave them for a day ; simmer again for ten minutes, then spread the gooseberries on a sieve near the fire to dry, and store them in tin boxes, for dessert fruits. The syrup can be used for other preserves.

1695. *Dried Cherries.*

Stone the cherries carefully through the end, that you may not destroy the appearance of the fruit, and put into a preserving-pan with eight ounces of sugar to every pound of fruit ; simmer gently for a quarter of an hour, then pour out in a bowl, with the syrup drawn from the fruit, and leave for twenty-four hours ; then simmer again for ten minutes, take out the cherries, drain them on a sieve, and dry them in the sun or

upon a warm stove ; store them in a tin box in layers, with writing-paper between them. They are useful for puddings or for dessert-dishes.

1696. *Dried Apricots.*

Divide the apricots, and carefully draw off the skins and take out the stones ; put the fruit into a bowl and strew over them the weight in pounded sugar ; let it dissolve slowly, and the next day put the whole into a preserving-pan over a stove or very slow fire, and simmer gently for a quarter of an hour ; then put them again into the bowl, pour the boiling syrup over them, and let them lie in it three days ; then pour off the syrup to use for other purposes, expose them to a gentle heat, and turn them every day till dry ; keep them in layers, with writing-paper between, in a tin box. Peaches or nectarines may be dried in the same way.

1697. *To dry Barberries in Bunches.*

Procure the fruit, if possible, without stones, or extract the stones neatly with the point of a small silver skewer ; put them suspended from a reed by threads into a pan of boiling water for a quarter of an hour ; then lift the reed from the pan ; have ready a rich syrup made of two pounds of sugar and a pint of water for every pound of fruit, and suspend the barberries in the boiling syrup, letting them simmer for ten minutes ; then pour out the syrup into a deep bowl, place the reed across it, and allow the clusters of barberries to hang in the syrup for twenty-four hours, then take them out, hang them to drain and dry, and store them with care for dessert or for garnishing.

1698. *Dried Jargonel Pears.*

Pare them very thin when nearly ripe, simmer ten minutes in a thin syrup of half a pound of sugar to a pint of water, cover the pears with it, and let them lie for twenty-four hours to cool in it, then add another quarter of a pound of sugar to each pint of syrup, and boil it up again to thicken ; put the pears in, and simmer again ten minutes, and repeat the process the next day ; then take out the pears and dry them, or leave them in the syrup till wanted, and then dry them for dessert.

Apples, especially golden pippins, may be preserved by this method.

1699. *Candied Lemon or Orange Peel.*

Divide the fruit lengthway, and remove the pulp entirely; put the peels into strong salt and water for two days, then take them out, lay them for an hour in cold water, and then transfer them to a pan of fresh cold water, and boil till the peel is quite tender when pierced, when you must take them out and drain on a sieve. Make a thin syrup of a quart of the water they have been boiled in, with a pound of loaf sugar, and simmer the peels in it for half an hour, when they will look clear. Pour the whole out into a bowl, and leave till next day. Make as much syrup as will cover them of the proportion of a pound of sugar to a pint of water, boiled till strong enough to fall from the spoon in threads. Put the peels into this syrup, and boil half an hour, then take them out, and drain on a sieve, and, as the candy dries, transfer them to a dish to finish in a warm place; then store them for use. This receipt is useful for any pieces of the peel of lemons, oranges, or citrons, may thus be made useful, and you are certain the preparation is wholesome.

1700. *Candied Angelica.*

This sweetmeat is still used in large families when the desserts have to be varied; and, half a century ago, when foreign fruits were rare in England, angelica, candied in various ornamental shapes, was a favourite and highly important preparation of confectionary.

The stalks of angelica must be gathered young, as they are then tender and full of the fragrant resinous gum which constitutes their delicacy. Draw out the fibrous strings, split the stalks, and cut them in lengths of six inches after you have boiled them in salt and water till quite tender; then throw the stalks into a pan of cold water, with a very small quantity of carbonate of potash, and boil gently till they become perfectly green. Take them out, drain them, and put on a dish covered with an equal weight of sifted sugar, and allow them to remain in the sugar three days; then put into the preserving pan, with a pint of water to each pound of sugar, and boil till the yrup clarifies, when you must add a fourth more of sugar and

water, and boil ten minutes longer; then take out the stalks, and dry on an inverted sieve on a warm hearth, either in sticks or twisted into knots, to store; or leave it in the syrup covered as a wet sweetmeat.

1701. *Damson or Plum Cheese.*

The fruit must be perfectly ripe, put into a stone jar, and baked till quite soft; then, while quite warm, skin and stone them, and rub through a colander into the drawn juice. Put the whole into a preserving-pan, with half a pound of sugar to each pound of the pulp, and boil quickly, stirring the pulp continually till it becomes a stiff paste. If liked, you may stir in some of the blanched kernels of the fruit. Take out the paste, and, when rather cool, press it into moulds or shallow potting-pots rinsed in brandy, spreading it about an inch and a quarter in thickness; leave it for some hours to grow quite cold, then cover with brandied paper, and tied over with paper to store in a dry place.

In making apricot cheese, the boiling will require less time, and must be quick or the colour of the fruit is spoiled.

Gooseberry cheese, prepared in the same way, when the finely-flavoured pine-apple berries are used, is very delicious.

1702. *Cherry or other Fruit Pastes.*

Pick or stone the fruits, and boil them just moistened with water, till quite tender (this in various fruits requires more or less time); then pulp them through a sieve, and beat up over the fire till nearly dry, when you may add by degrees the weight of the dry paste in sifted sugar, working it over the fire till it is dissolved, mingled with the paste, and again boiled dry; then press it into moulds, or spread on plates dipped in brandy, and when cold and dry, store with other dried fruits.

1703. *Elder Paste or Elder Rob.*

This paste ought rather to belong to the department of sick cookery, as it is more wholesome than generally agreeable in flavour. Draw off the juice of the ripe fruit in the oven, then strain and pulp through a sieve, and boil over the fire till it begins to thicken, when you must add one pound of sugar to

every pint of the pulp, and continue to boil till the whole forms a thick stiff paste, which must be kept in jelly-pots for use. By leaving out the sugar and boiling the pulp to the same consistence, you obtain Elder Rob, a useful jelly in the sick room, which, well-covered, will keep twelve months.

1704. *Raspberry or other Fruit Biscuits.*

Draw off the juice of any fruit in the oven, and pulp through a sieve ; add the weight of the fruit before it was put into the oven in sifted sugar, and beat till you can no longer make any impression on the paste. Have ready small square moulds of paper, and smooth the paste into them about twice as thick as a dry biscuit, dry on a stove or in a cool oven for a day, then store them.

1705. *Barley Sugar.*

Make a clarified syrup of one pound and a half of sugar to a pint of water, with the addition of a dessertspoonful of finely-grated lemon-peel ; boil it to the caramel point, when it is like glue, and when dropped in cold water is brittle and will snap. Skim it carefully as it boils, and when clear, turn it out on a buttered marble slab ; cut it into pieces, and as soon as you can handle it, draw it out into sticks, twisting it in any form you like, or forming it into round drops ; then sift sugar over, and when dry, store it in a tin box.

1706. *Almond Toffy.*

Boil a syrup of a pound of sugar to half a pint of water to caramel height, throwing in an ounce of blanched almonds split into strips, and an ounce of butter. When the candy hardens at once in the water, turn it out on a buttered slab, and cut up into thin squares.

1707. *Apple Sugar.*

Draw out the juice of apples as for jelly, and to each pint of jelly add two pounds of loaf sugar ; boil it up to caramel height, then turn out on a buttered slab, draw into sticks, and sift sugar over them ; then dry, and store.

PICKLES.

It is an undoubted fact that pickles may be bought at a lower cost than you can possibly make them at home ; but we deny that it is good economy to purchase an article of doubtful material, when you can at least make it certain that it is not adulterated,—a most desirable conclusion at this time, when the researches of scientific men have discovered that, either from carelessness, ignorance, or fraud, many of the pickles sold to the public are in part poisonous.

At the best, pickles cannot be reckoned wholesome, but if required as a luxury, we ought to make them as little pernicious as possible. For this purpose the best wine vinegar should be used, and this must be boiled in a stone or enamelled vessel ; the best plan is to use a stone jar placed on a stove or hot hearth. All metals are objectionable when brought into contact with the vinegar.

The pickles should also be kept in stone or glass jars ; never in glazed earthenware, on which the vinegar acts dangerously. A wooden spoon must be used to remove the pickles from the jars, and no metal allowed to come near them.

Pickles require but a moderate degree of attention, and may easily be made, especially red cabbage, which is also the most wholesome. It is often made of unboiled vinegar.

All the jars should be kept closely covered, and as seldom opened as possible. It is therefore advisable that smaller jars should be filled from the larger ones for daily use, into which the pickle from the table can be returned and the cover replaced. Always keep pickles entirely covered with vinegar.

Always make your pickles at the exact time that the vegetable is in season for the purpose, or your labour is wasted. Overgrown onions, seedy cucumbers, tough cabbages, or hard walnuts, are useless for pickling. We give Dr. Kitchener's seasons for the preparation, which, allowing for a slight variation of climate in the north and south, is accurate and useful.

Nasturtiums, onions, gherkins, melons, cauliflowers, artichokes, French beans, radish-pods, and walnuts, from th

middle of July to the middle of August. Red cabbage in August. Mushrooms in September.

1709. *To Pickle Onions.*

In the middle of August procure the small round silver onions; remove the skins till the onions look clear; but be careful not to cut the bulb; and as you peel them, throw them into a stone jar with plenty of salt and water; put the jar into boiling water over the fire for twenty minutes to scald the onions; then take them out with a slice, and drain them on a napkin. For each quart of onions take a quart of good wine vinegar, two ounces of salt, one ounce of whole white pepper, and a quarter of an ounce of mace; boil these in an enamelled pan or a stone jar; and when the onions are cold, put them into jars, leaving room for the vinegar and spices, which pour hot over them. Do not cover till cold; then tie bladder or wash-leather, and paper over them.

Eschalots may be prepared in the same way as onions, and make a more delicate pickle. The large Spanish onions require to lie twenty-four hours in salt and water before pickling.

1710. *To Pickle Red Cabbage.*

This simple and wholesome pickle is regarded with undue neglect because it is cheap and common; but if people will eat pickles, certainly red cabbage ought to have the preference.

Towards the end of August procure a fine fresh cut cabbage or two; remove the outer or withered leaves, and slice it across very thin into a colander, sprinkling it plentifully with salt as you proceed; let it drain for two days, then put into dry stone jars; boil an equal proportion of vinegar, with two ounces each of black peppercorns and ginger to the quart; let it cool, and pour over the cabbage. A few slices of half-boiled beetroot mixed with it improve the colour. This pickle may be made with unboiled vinegar; but the flavour of the spices is then not so good.

1711. *To Pickle Cauliflower.*

Procure firm, fresh, well-coloured heads about the beginning of August, when scarcely matured; cut away the leaves and the

outer rind of the stems ; boil them in salt and water five minutes ; then leave them on a sieve to drain and dry ; when quite dry, separate into neat divisions ; cut the stalks smooth, and half fill the jars ; boil vinegar to fill up, with two ounces of black peppercorns, one ounce of ginger, and a drachm of cayenne to the quart ; let it stand till cool ; then pour it over the cauliflower, and next day cover the jars.

1712. *To Pickle Gherkins.*

Choose the gherkins nearly alike in size, and put them into a jar with a strong brine of salt and water ; cover the jar, and leave it in a warm place for two days ; then pour off the brine, and replace it by boiling vinegar, covering the jars with vine-leaves ; when nearly cold, heat the vinegar again, and pour over, and repeat the process the third time ; the next day boil up fresh vinegar with two ounces of white peppercorns, half an ounce of mace, half an ounce of cloves, and half a dozen shalots to each quart, and cover up the gherkins in jars with it ; tie up when cold.

1713. *To Pickle Beet-root.*

Wash the root quite clean, but do not scrape, or you will let out the juice ; boil them two hours in salt and water : cool and slice them ; then boil the vinegar with two ounces of peppercorns, half an ounce of mace, and half an ounce of cloves to the quart ; leave it to cool, and pour over the beet, which may be covered in a day. It improves the flavour of the pickle to scrape a small proportion of horseradish in the jar before the vinegar is poured over.

1714. *To Pickle French Beans.*

The beans must be gathered in July when young and tender. Cover them with a strong brine of salt and water for two days ; pour it off, and drain them on a napkin ; boil vinegar with the proportion above of white peppercorns and of mace, and pour over them hot, adding a teaspoonful of carbonate of potash to restore the colour ; cover the jar well with vine-leaves, and put a plate over them ; keep on a warm hearth twenty-four hours ; then re-boil the vinegar, and pour over. In another

day you may cover the jars. Nasturtium buds, gathered young, and thus pickled, are used as capers.

1715. *Indian Pickle.*

This favourite pickle, which requires more preparation than common, consists of many ingredients. Small white cabbage cut into quarters, cauliflowers separated into branches, clean blanched celery cut into three-inch pieces, young French beans whole, gherkins, carrots cut into various forms, small onions, eschalots, radish pods, asparagus heads, and nasturtium buds ; must be put into a brine of boiling water and salt for three days. After you pour off the brine, add unripe apples cut in small squares, and a cucumber cut up in the same way.

Then boil the vinegar, adding for each quart three ounces of bruised ginger, one ounce of white peppercorns, one clove of garlic, half an ounce of coriander seeds, a quarter of an ounce of fresh turmeric, half a dozen chilies, two ounces of mustard seed, a quarter of an ounce of mace, and a quarter of an ounce of scraped horseradish ; when boiling, pour the vinegar over the vegetables ; cover the jar, and set on a hot hearth for three days ; then pour off, and re-boil the vinegar, and the next day repeat the process ; then leave the pickle to stand a day ; put into the proper jars, and cover securely. This is an admirable pickle, with all the flavour of a real Indian preparation.

1716. *To Pickle Walnuts.*

The walnuts are in a proper state for pickling when a needle will easily pass through them. Lay them in a strong brine of boiled salt and water, poured over them cold for six days ; then make a new brine, and leave them three days longer ; leave them to dry ; spread on a dish three days, when they will become black ; then boil the vinegar ; to every quart add an ounce of ginger, an ounce of black peppercorns, two ounces of mustard seed, two ounces of eschalots, in which stick half a dozen cloves, a drachm of mace, a drachm of pimento, half an ounce of horseradish scraped ; put the walnuts into the jars, filling them two-thirds ; then pour over them the boiling vinegar and spices, and when quite cold, close the jars.

1717. *To Pickle Mushrooms.*

Select a number of small, sound, pasture mushrooms as near as possible alike in size ; throw them for a few minutes into cold milk and water ; then drain them ; cut off the stalks, and gently rub off the outer skin with a moist flannel dipped in salt ; then boil the vinegar, adding to each quart two ounces of salt, half a nutmeg sliced, a drachm of mace, and an ounce of white peppercorns ; put the mushrooms into the vinegar for ten minutes over the fire ; then pour the whole into small jars, taking care that the spices are equally divided ; let them stand a day, then cover them.

1718. *To Pickle Melons or Cucumbers.*

Melons, cucumbers, or lemons, when pickled whole, filled with spices and seasonings, are called mangoes, probably from some resemblance to the mango ginger (*Curcuma Amada*) of Bengal. Some time and care must be bestowed on these pickles to render them choice delicacies. Choose straight, well-formed cucumbers or small oblong melons ; cut a small square piece from one side, and scoop out the seeds, and lay the fruit in a brine of salt and water for twenty-four hours ; then take out, and drain on a sieve ; make a seasoning of equal parts of bruised mustard seed and cumin seed, half as much coriander seed, and small proportions of scraped horse-radish, shred eschalots, pounded chilies, Jamaica pepper, pounded mace and cloves, and fill up the melons or cucumbers, replacing the piece cut out, and binding it firmly with new white packthread ; then boil the vinegar first with the seeds of the fruit ; strain it, and pour over the fruit, leaving it to cool ; then re-boil, and pour over again ; set the jar on a hot stove for a few hours ; then boil the vinegar a third time, adding to each quart half a teaspoonful of salt, half an ounce each of white peppercorns, ginger, and cardamom seeds, and an ounce of garlic pounded ; boil it twenty minutes ; then pour over the mangoes, and leave to cool for a day before you cover them. Lemons, unripe large apples, peaches, or nectarines may be pickled as mangoes by this process, only extracting the seeds or stones at the blossom end of the fruit instead of through the side.

1719. *To pickle Lemons.*

Select the lemons small, and with thick rinds; rub them well with flannel; then slit them down the length, through the rind, but not much into the pulp, in four sections, and fill up the crevices entirely with salt. Lay them on a dish, apart from each other, in a warm place for four or five days, and as the salt dissolves, continually baste them with the liquor and turn them over, gradually bringing them into a warmer place till you have them on a hot hearth quite tender; then boil the vinegar with the remains of the brine and pulp, adding to each quart three ounces of bruised ginger, one ounce of black peppercorns, two ounces of bruised mustard seed, and half an ounce of Jamaica pepper. Put the lemons into jars, and when the pickle is cool pour it over them, dividing the seasoning equally.

1720. *To pickle Barberries.*

As barberries are merely pickled for garnish, the process is simple and inexpensive. They must be gathered when the colour is brightest, all discoloured berries removed, and the leaves stripped off. Put the bunches carefully into jars, and boil the berries removed, and a few over-ripe bunches in as much salt and water as will cover them, till you draw out the juice, which strain off clear; add this juice to the vinegar, and boil it with half an ounce of powdered ginger and as much loaf sugar, and pour over the barberries. Cover the jars when cool.

Cherries may be pickled in the same manner.

THE BREAKFAST-TABLE.

Nothing denotes the comfort and good management of a family more than a well-spread, well appointed breakfast-table. Breakfast is usually a social meal, and before the cares, the toils, or the exciting pleasures of the day have disturbed the mind, palled the appetite, or deranged the digestion, few people refuse to enjoy the tempting viands spread before them with the fresh appetite and fresh hopes of the opening day.

Everything on the table should be clean, neat, and simple. In most families, where a good cook is kept, a variety of breakfast rolls and cakes are served with the tea, coffee, and chocolate ; to these are always added boiled eggs and a variety of cold and hot meats of many kinds, of which the principal are :—Broiled and fried fish ; potted meats and fish ; cold ham, tongue, beef, fowls, game, or sausages ; pigeon or game pies, or pâtés du foie gras ; broiled cutlets of meat or fish, broiled game, fowls, kidneys, quenelles, &c. ; potatoes fried, radishes, water-cresses, &c. ; butter, honey, marmalade.

If for a wedding breakfast, *déjeuner à la fourchette*, or any large entertainment,—the tea, coffee, &c., are served at a side table ; the table is adorned with flowers, and light wines, including champagne, are introduced.



LUNCHEONS.

Luncheons, which are in fact the substantial meal for those who dine at a very late hour, may include cold meats of all kinds, game, fowls, ham, brawn, pâtés, broiled or hashed meats, soup, cutlets, mashed potatoes, and even a pudding, with ale, porter, or wine on the table. The lady of the house frequently makes her real dinner at luncheon.



THE DINNER-TABLE.

Modern taste is rapidly introducing the dinner, *à la Russe*, into good society, leaving the table, now almost universally a round table, covered only with choice fruit and flowers ; and leaving the dishes, from the soups to the *fondus*, to be offered round by the servants, the guests being provided with the *menu*, or bill of fare. But this plan cannot be accomplished without a staff of well-trained servants, adepts in carving,—that the disappointed guest may not be disgusted with coarse slices, jagged and torn limbs, or undue mingling of fat and

lean. For this reason, and because many like to feast their eyes as well as their appetite on the banquet, and moreover like to see the carving accomplished by delicate hands ; the English mode of serving the dinner on the table in courses, is still preserved in many large families, especially in the pleasant, comfortable family dinner.

If two soups are served, one should be brown, the other white.

If two dishes of fish, one only should be boiled, and the fried fish used for garnishing should not come in contact with the boiled, or they lose their crispness.

The removes, or dishes of roast meat and boiled poultry, &c., follow, with the entrées, which, with the *hors d'œuvres*, hot or cold, are usually handed round. The entrées consist of cutlets, pâtés, and a variety of small made-up dishes in which sauce is introduced, of which we give a list. The vegetables, sauces, salads, &c., are handed with the meats to which they are appropriate.


The second course of game, choice poultry, dressed vegetables, and sweet *entremets*, follow ; lastly the *soufflés*, *fondus*, and cheese cut in small square pieces, with biscuits, butter, salads, &c., are handed ; then the finger-glasses are placed round. Appropriate wines after each service are handed.

If ices are served with the dessert, an iceplate must be placed on the d'oyley that covers each dessert-plate.

Coffee is now usually served soon after the ladies retire ; after which, in an hour, tea may be handed.

Suppers are now quite unusual, except at balls, when white soup is usually the only hot dish served. A table running round the room, with space behind for servants to wait, is the most convenient mode of laying out the supper, which may include cold fowls and game dressed in various forms, ham, tongue, pâtés of all kinds, sandwiches and potted meats, fowl, game, fish, &c., lobster salads, pastry, creams, jellies, and various *entremets*, with cakes and pyramids of fruit.

APPENDIX.

 EVERAL new, and, as we have proved, excellent Receipts having been forwarded to us too late to appear in the first edition of our Cookery, we take the opportunity of a New Edition to give them to the public.

1721. *An excellent Oyster Sauce.*

Open and beard six dozen oysters ; carefully set aside the liquor poured from them. Put the beards into a saucepan, with a quarter of a pint of water, a blade of mace, a very slight flavouring of Cayenne and salt, and simmer for a quarter of an hour ; strain off the liquor and add to it that from the oysters. Then melt slowly over the fire two ounces of butter into which a tablespoonful of flour has been rolled. As it melts, stir gradually into it the oyster liquor, moving the spoon always the same way. When the sauce is thick and smooth, put in the oysters, and simmer slowly for five minutes to swell and heat them ; but take care the sauce does not boil.

1722. *Good Palestine Soup.*

Though the chief flavour of Palestine soup is obtained from Jerusalem artichokes, a mixture of vegetables in season improves it, for to many the taste is somewhat insipid. The stock should be white, of veal, fowls, or rabbits. Wash, pare,

and slice three pounds of Jerusalem artichokes, one pound of turnips, a stick of celery, and two onions. Boil all in water for ten minutes to make them tender, then rub them through a sieve and add the pulp, or purée, to three pints of the white stock, heated. Season with a teaspoonful of salt and a drachm of Cayenne pepper. Let it simmer gently for half an hour over the fire, stirring in gradually a pint of cream. Serve with sippets of toasted bread.

1723. *Excellent and cheap Lobster Cutlets.*

Take one pound or a pound and a half of the remains of any dressed fish, and add the meat of one lobster; chop, and mix them well together. Then dissolve one ounce of gelatine in three tablespoonfuls of water, adding to it the spawn of the lobster, and seasoning with salt and Cayenne only. Pour this over the chopped meat, and spread it half an inch thick over a flat dish, to cool and stiffen. When cold, take up as much as will form a cutlet in your hand, and mould it well with flour into the shape required, adding a piece of the claw to represent the bone. Brush the cutlets well over with egg and fine crumbs, and fry lightly in boiling oil or lard. Drain them well, and serve on a napkin.

1724. *Salmon Pudding.*

No particle of dressed salmon need be wasted, as, unlike any other fish, it preserves its delicate flavour in the second cooking. An excellent pudding may be made by the following receipt:—Scrape from the bones of dressed salmon one pound, and stew it slowly over the fire for ten minutes with four ounces of butter and a quarter of an ounce of salt and Cayenne mixed. Let it stand to be cold, then blend it thoroughly with four ounces of bread-crumbs which have been steeped and swollen in boiling cream. Beat all smooth in a mortar, beat in four whisked eggs, then fill a buttered mould with the mixture, and bake in a quick oven for an hour. Turn out and serve.

1725. *Whitebait.*

Although it has long been the received opinion that whitebait can only be fit for the table at Greenwich, fresh from the

water, yet the rapidity of railway carriage now brings these delicate little creatures to the metropolis within the half-hour which should intervene before they are cooked. The active cook must be ready to receive the fish immediately on their arrival at the fishmonger's, and they should be at once spread out on a floured napkin to separate them, or they will adhere in a mass. No further preparation is necessary; they must then be plunged into a frying-pan of boiling lard or oil. One minute will cook them, as they must not brown. Lift them gently out on the slice, upon the drainer, on which they must be served piled up, with sliced lemon round, and the usual accompaniment of thin slices of brown bread and butter. A great epicurean authority dictates that no meat except grouse should follow whitebait.

1726. *A very excellent Luncheon Pie.*

Lay, in the bottom of a tolerably deep baking-dish, a slice of fillet of veal, nearly half an inch in thickness, and lightly strewed with white pepper and mace; then a thin covering of the forcemeat, No. 195, using fat bacon instead of suet, as the dish has to be eaten cold; over this a thin slice of ham, filling up the dish entirely with alternate layers of veal, forcemeat, and ham; add four ounces of butter or more, according to the size of the dish, and stew the meat slowly in the oven for an hour; take it out, and place a weight over the meat to press it close. When cold, fill up any interstices with hard-boiled eggs, or forcemeat; cover with a thick puff paste, and bake from an hour to an hour and a half, according to size. To be served cold, and carved in slices.

1727. *A Perigord Pie.*

A perigord pie should never be baked in a mould. The paste must be made as directed (No. 1031), and moulded to the proper size for the contents, as below. First, line the paste inside with very thin slices of fat bacon; then a second lining of forcemeat must follow, made after this receipt. The flesh of a roasted woodcock and the trail with the toast on which it has been caught minced very fine, with half the quantity of fat ~~bacon~~, also minced fine; a teaspoonful of mixed thyme, basil,

and marjoram; half a teaspoonful of white pepper, and the weight of the whole in minced truffles, as fresh as can be procured, all bound together with beaten egg; after this, the contents of the pie must be arranged, but not too closely, consisting of a boned pheasant for the centre, and around it one partridge, one grouse, and two woodcocks, all likewise boned, and seasoned with pepper, salt, and mace, delicately. Fill up every part with truffles, which, in fact, constitute the rare peculiarity of a perigord pie, that can certainly only be found in its highest perfection on the spot where the truffles can be gathered absolutely fresh from the ground. Pour over a teacupful of good gravy and a glass of claret. Cover the meat entirely with a thin layer of bacon, then the pastry. Bake in a slow oven three hours.

1728. *Pigeons à l'Algérienne.*

Prepare the pigeons for roasting, and make a forcemeat to fill them, of equal quantities of bruised pistachio nuts, almonds, raisins, and crumbs; seasoned with salt, pepper, mace, and parsley. Roast, and serve with sorrel sauce (No. 34).

1729. *Salmi of Wild Duck.*

For the salmi, the legs, wings, and breasts of two dressed wild ducks will be needed, which must be, as they usually are, underdone. The head, the neck, the back, and the giblets must be put into a stewpan, with a slice of lean ham, a small carrot sliced, a sprig of parsley, thyme, and bay, four eschalots chopped fine, a glass of claret, and the juice of a Seville orange, with half a teaspoonful of salt, and a flavouring of Cayenne; pour over these a quarter of a pint of veal gravy (No. 6); simmer the whole for an hour over the fire, then add another glass of claret, and strain it over the duck in another saucepan; let it stand over a spirit-lamp or hot plate, to be thoroughly heated, carefully watching that it does not boil, and serve it in the silver dish, with a tablespoonful of lemon-juice over it.

1730. *Kromeskys de Ris de Veau.*

The delicate sweetbread of veal is the basis of one of the most approved of these popular entrées. Boil two sweetbreads

until tender, in as much water as will cover them ; then mince them fine ; add to the liquor in which they have been boiled a quarter of a pint of cream, an ounce of butter rolled in flour, a head of celery, a blade of mace, and half a teaspoonful of mixed white pepper, and salt. Let the liquor simmer for ten minutes over the fire, then take out the celery, and beat three yolks of eggs, and stir rapidly into it ; then add the mince-meat, stirring it for a few minutes till it is thick ; pour it out on a flat dish, and leave it to cool. When quite cold, make it up in small rolls, the size and form of a cork, each wrapped in a very thin slice of fat bacon ; dip these kromeskys in batter, fry them lightly in boiling oil or lard ; drain them a minute, and serve, garnished with fried parsley, and neatly arranged. Kromeskys of oysters, which require the mixture of the white meat of chickens or pheasants, are often introduced ; but the fat bacon and oysters do not harmonize so well as the sweet-breads and bacon.

1731. *A Currie of Kebobs. Indian Receipt.*

Two pounds of fresh lean mutton from the leg, cut into kebobs, an inch square, a quarter of an inch in thickness ; sprinkle them with currie powder, dip in egg and bread crumbs, with parsley, twice over ; skewer them with a slice of eschalot between each two kebobs, and roast them for half an hour, basting them plentifully with oil. Put them into a stewpan, covered with strong gravy, in which stir a tablespoonful of currie-powder. Stew a quarter of an hour, then serve with the gravy and rice.

1732. *Rice and Cheese, an excellent Preparation.*

Pound in a mortar one ounce of rich cheese with half an ounce of butter, and a teaspoonful of mixed salt, white pepper, and mustard in powder. Mix the paste well with a quarter of a pound of rice, boiled till tender. Put all into a saucepan and stew until equally heated, turn out on a dish, brown with a salamander, and serve hot.

1733. *A Certain Method of Preserving Eggs.*

Slake two pounds of quicklime in two gallons of water. Let it stand two days until the residue has settled to the

bottom of the vessel. Pour off the clear liquor into a large jar, and carefully place the eggs in it, selecting only those you know to be fresh, and which have perfectly sound and firm shells. If you have any doubt of the eggs being fresh, have two jars of the liquor, and keep the doubtful apart. The jar must not be entirely filled with eggs, for at least two inches of the lime-water should rise above the cover, which you must place over the eggs to keep them from floating. When this is done, cover, and tie up the mouth of the jars, marking on the cover the date of the immersion, and the number of eggs in the jar.

1734. *Pumpkin Pie.*

The pumpkin (*Cucurbita pepo*) is cultivated in England rather for show than use, for it rarely enters into English cookery. In southern nations it is eaten with spices; in America the pumpkin pie is well known, and is prepared in American fashion by paring a thoroughly ripe pumpkin, opening and removing the seeds and spongy interior, and cutting it in thin slices into a baking dish of moderate size, adding a large tablespoonful of moist sugar, and half a teaspoonful of ground pimento. Cover with puff paste, and serve hot.

1735. *Compotes in Pastry.*

For making pastry compotes you must have tin hoops, without bottom, about three inches in diameter, and one inch in depth. Line the hoop with the sweet paste (No. 1122) and form the bottom as for a raised pie. Put it into the oven, and when half baked have your compote of apricots, or any other rich fruit, prepared as directed (No. 1486). Fill the pastry while the compote is warm, cover it with powdered sugar, and complete the baking. When you take it out of the oven, remove it from the hoop before it be cool. It must be served cold, but quite fresh, or the rich jam will sodden the pastry. This is the most delicate tart that can be sent to table.

1736. *A Tower of Pastry.*

This is a most showy, cheap, and excellent dish of pastry. Take nine ounces of fine flour, five ounces of powdered sugar, and four ounces of butter; mix and rub them together until the

whole be reduced to powder. Then whisk lightly the white of one egg, and moisten the paste. Roll it out about half an inch in thickness, cut it into five rounds with a tin rather larger than a tumbler; leave one round entire for the base of the edifice, and stamp the middles out of the remaining four with a tin cutter. Make one round rather smaller, also entire, for the summit. Bake the rounds and rings, and then build your tower by putting a layer of different-coloured jam between each ring as you pile them up, and fill the hollow interior with custard or whipped cream. Ice the round for the top, or sprinkle it with pink sugar, and put it on. Then stick blanched sweet almonds in rows, betwixt the rings of pastry.

1737. *French Pancake Turnovers.*

Beat separately the yolks of six, and the whites of four eggs, and strain them into three-quarters of a pint of cream. Rub together two ounces of flour, three ounces of powdered sugar, and one ounce of clarified butter, and beat into the mixture; then add a teaspoonful of grated lemon, and a quarter of an ounce of cinnamon, pounded together. Beat all until quite smooth; then pour the batter into small plates or shallow saucers, and bake in a quick oven for ten or fifteen minutes. Turn the pancakes over, with a layer of rich jam between, sprinkle with powdered sugar, and serve quickly.

1738. *Mont Blanc Puddings.*

Weigh two eggs with equal quantities of flour, sugar, and butter. First, beat the butter to a cream; then beat in the sugar; then the eggs, separately beaten; then a teaspoonful of very finely chopped lemon-peel; and lastly the flour, which must be well dried and sifted. When the mixture is perfectly smooth, butter six small pudding-tins of cylinder form, and half fill them with it. Bake them for twenty minutes, then remove them from the tins, brush the outsides with white of egg, and sprinkle well with coarsely-bruised, sparkling, white sugar. Scoop out part of the inside of the puddings, and, when cold, fill with apricot or strawberry jam and rich custard, crowning them with well-whipped cream. These puddings form an ornamental and excellent dish for dinner or luncheon, and are always served cold.

1739. *Apple Marmalade.*

This is an excellent family receipt, and, when apples are abundant, is a wholesome and cheap marmalade for daily use at breakfast. Pare and quarter a peck of codlins or Yorkshire greens; put them into a preserving-pan with a quarter of a pint of cold water, and stew them at a good distance over a gentle fire, stirring them the whole time until they are reduced to pulp; the length of time must be regulated according to the age and the quality of the fruit. Fresh, juicy apples will pulp in two hours; if they be foreign apples, or if they have been long kept, they will require three or even four hours. When quite brought to jam, add the outer rind of one lemon, and three pounds of coarse, moist sugar. Yorkshire greens or any very fresh juicy kind of apples will need four pounds. Stir the jam for twenty minutes longer, then pour it into the jars and cover. This marmalade is best eaten as fresh as possible.

1740. *To preserve Winesours, so as to preserve the perfect Flavour of the Fruit.*

For each pound of the fruit, which must be perfectly fresh and sound, you must have six ounces of powdered sugar prepared. Place the winesours in layers, strewed over with the sugar, in a large jar, which put into a steam-pan, and steam for twenty minutes. Let the fruit remain all night in the jar; next morning pour off the syrup, and again add the same proportion of sugar to each pound of the fruit, which replace in the jar in the same way. Steam for another twenty minutes, adding the syrup previously drawn off, as you steam the fruit. Then cool, and place in small jars, covered as usual. This is a most delicate and delicious preserve.

1741. *Siberian Crabs.*

This fruit, so beautiful in colour and so unfit to be eaten in its natural state, may be prepared for dessert to be delicious to look and taste. To preserve them whole, you must make a syrup of two pounds of codlins boiled with one pound and a half of sugar, and a tablespoonful of lemon juice; clear the syrup, and then put it into the preserving-pan with another pound of sugar, and when dissolved skim it clear and add to

it one pound of finely-coloured, perfectly sound crabs, pricked over with a small pointed needle. Let them simmer until you can pass a straw through them, but do not let them break ; then remove them into small jars, and pour the syrup over them. Siberian crab jelly, in pretty moulds, is a beautiful dessert dish. Put the fruit, quite ripe, into a preserving-pan with half a pint of water to each pound, and boil gently for twenty minutes or until the crabs burst. Run the juice through a jelly-bag, then restore it to the preserving-pan ; boil for twenty minutes, stirring in gradually a pound of powdered sugar to each pint of juice ; skim and simmer ten minutes longer, then pour into the moulds to stiffen.

1742. To preserve Apricots whole, in Jelly.

The apricots must be ripe, but not broken ; open them at the top, and with a slender stick introduced at the stalk end force out the stone ; then peel them, and strew over them an equal weight of finely-powdered sugar. Let them stand a day, then place them carefully in a pan and boil for a short time till they look clear, but remain unbroken. Take them out and pour the syrup over them, leaving them to stand another day. Boil and strain off as many codlins with equal quantity of sugar as will afford a quart of clear jelly. Boil this quickly with the apricot syrup for twenty minutes ; then place the fruit in jars or moulds, pour the jelly over ; let it cool and stiffen, and then tie up. An elegant dessert dish.

1743. Mrs. Moore's Biscuits.

These cheap, excellent, and wholesome biscuits are made by beating six eggs for five minutes ; then add one pound of sifted sugar, and beat for half an hour with the eggs ; then one pound of flour beat until well mixed. Butter the baking-tins, and sift sugar over them ; then drop a teaspoonful of the batter for each biscuit, sprinkle with sugar, and bake in a quick oven for ten minutes.

1744. An excellent Receipt for Crumpets.

Into three tablespoonfuls of cream beat up well two eggs, then mix and beat with them half an ounce of fresh German

yeast, and a sprinkling of salt. Add six ounces of flour, beat all into a batter, and leave it to rise for two hours. Rub the iron baking-plate or girdle with a little butter, place upon it the iron hoops for the crumpets, pour in as much batter as will spread thinly, and bake quickly for five minutes. Either serve them hot from the plate, or toast them when wanted, buttering them on both sides, and sending in quickly on separate plates.

1745. *The Mayor's Stoved Wine.*

It is a custom of the North for the newly-elected mayor, on receiving the first congratulatory visit of his friends, to serve to them the ancient wassail-cup, with the accompaniment of "Corporation Cakes" (No. 1522). This pleasant beverage is made by boiling in one quart of water for a quarter of an hour a dozen and a half of cloves, inclosed in a muslin bag. Take out the cloves, add half a pound of fine loaf sugar, and when this is dissolved pour in a gallon of port wine. Let it be perfectly hot; then transfer it to jugs or a silver bowl, to be served to the guests in cups.

1746. *The Madeira Stirrup Cup.*

To one bottle of Madeira (sherry may be used, but is not usually so much approved) add half a pint of Maraschino, or Noyeau, and the juice of half a lemon. Then mix well with it one quart of good calf's-foot jelly, well sweetened, and boiling hot. Serve in cups quickly, as the parting cup.

1747. *May Drink (Maitrank), a genuine German Receipt.*

This ancient, popular, pleasant, and antibilious beverage can only be made to perfection in the month of May, when the shoots of the *woodruffe* are to be found plentifully in the woods of England. The stalks of the plant preserve their fragrance when dried, but only communicate it fully to the beverage when used fresh. Pour a bottle of white Rhine wine into a bowl, and infuse in it as many of the young shoots of the *woodruffe*, cut about an inch in length, as will fill a table-spoon. See that the shoots be free from dust or insects, but

do not dip them into water, which would destroy the aroma. If the wine be not sweet, you may add an ounce of finely-powdered sugar. Cover the bowl, and leave it from ten to twelve hours, then serve in green glasses. Never introduce orange, lemon, or any extraneous essence. This is the true Maitrank, and one of the most delicious and wholesome of summer beverages.

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 Yorkshire fashion.
 cold to dress.
 Whittings, boiled, broiled, fried.
 Trout, broiled, boiled, fried, baked.
 à la Genevoise.
 Mackerel, boiled, broiled, fried, baked.
 fried in fillets.
 potted.
 Skate, fried, cold.
 Ling, fried, baked.
 Herrings, boiled, broiled, fried, baked.
 red, broiled.
 Sprats, fried.
 Salmon, boiled, collared, dried.
 steaks, broiled.
 cutlets, broiled.
 fillets, fried.
 cutlets, stewed.
 gateau of.
 potted.
 Salmon-trout.
 Grayling.
 Smelts.
 Red Mullet, broiled, baked.
 Sturgeon, roasted, stewed.
 Carp, tench, perch, baked, stewed,
 fried.
 Carp, tench, perch, roes of, fricaseed.
 Pike, baked, stewed.
 Eels, fried, boiled, baked, roasted.
 à l'Italienne.
 broiled au marinade.
 stewed, fricaseed, spitchcocked.
 Lobsters and crabs, cold, stewed,
 battered, scalloped, baked, potted.
 Lobsters and crabs, gateau of.
 Shrimps and prawns, boiled, stewed,
 potted.
 Oysters, broiled, fried, scalloped,
 stewed.
 Cockles and mussels, stewed.

Curries, &c.

- Currie of fish.
- „ of lobster or crab.
- „ of oysters or mussels.
- „ of eggs.
- „ of rice.
- „ of vegetables.
- Kidgerree.

Eggs, Macaroni.

- Eggs, boiled, poached, fried, steamed, buttered, grilled, potted with burnt butter.
- Eggs, à la crème.
- „ and sorrel.
- „ à la tripe.
- „ with cucumber.
- „ au gratin.
- „ with garlic.
- „ aux fines herbes.
- „ in white sauce.
- „ with celery.
- „ Scotch.
- Omelette, plain.
- „ with herbs.
- „ „ sorrel.
- „ „ asparagus.
- „ „ oysters.
- „ „ onions.
- „ „ lobster, &c.
- „ „ cheese.
- „ „ bread.
- Macaroni, to boil.
- „ with cheese, plain.
- „ à l'Italienne.
- „ au gratin.
- „ our own receipt.
- „ with chestnuts.
- Cheese, roast.
- „ Welsh rarebit.
- „ on toast.
- „ stewed.
- „ potted.
- „ pudding, plain.
- „ „ rich.
- „ fondu.
- „ „ à la Savarin.
- „ patties.
- „ ramaquins, fried.
- „ „ in cases.
- „ „ in pastry.
- „ „ with anchovy.

Pastry, &c.

- Casserole of rice.
- Pie, cod fish.
- „ halibut.
- „ salmon.
- „ „ with rice.
- „ eel.
- „ oyster.
- „ lobster (small).
- „ vegetable.
- Pudding, savoury rice.
- „ cheese.
- „ peas.
- „ Windsor beans.
- Patties, oyster.
- „ turbot.
- Vol au vents, egg.
- Croquettes of fish.

Sweet Pastry, &c.

- Tarts, apple, apricot, plum, green gooseberry, currant, raspberry, French plum, orange, barberry, cranberry, jam, rhubarb.
- Tartlets, jam, &c.
- Patties, jam.
- Puffs, apple, jam.
- Apple Florentine.
- Lemon mince pies.
- Cheesecakes, country, apple, bread, excellent orange, potato, carrot, almond, ground rice.
- Custard, baked.
- Puddings (baked), plum without suet, bread, bread and butter, lemon, custard, bread, batter, black cap, Nottingham, rice, rich, and good George, Dutch rice, ground rice, excellent sago, semolina, tapioca, arrowroot, vermicelli, macaroni, barley, potato, apple, gooseberry, raspberry, black currant, apricot, lemon, almond carrot, tansy, marmalade, cocoa-nut, chocolate, golden transparent, Bakewell, Bath, ratafia, albion, yeomanry, sponge cake, cherry, Victoria, Chester.
- Apple Charlotte Russe.
- Puddings (small baked), Ravensworth, macaroon, German, Lowther wafer, Eve's, Adelaide, plain American corn, Manchester, college, cake.

- Soufflés, plain, rice, macaroon, potato, apple, au marasquin, à la vanille, baba.
- Omelettes, sweet, plain, aux confitures, à la vanille
- Pancakes, plain good, currant, à la crème, apple, rice, coloured
- Fritters, Yorkshire, bread, potato rice
- Bergnets à la crème.
- " soufflés
- " de pommes.
- " d oranges
- Genoises de Nouilles.
- " aux abricots
- Timbales de fraises of apples.
- Canêlons, gauffres
- Meringues aux fraises
- " à la vanille.
- Menngued apples.
- Croquettes (sweet), rice, apple, rice à la vanille of almonds.
- Darioles
- " aux fraises
- Puddings (boiled, with butter paste), apple, rhubarb, gooseberry or currant, green apricot, rolled jam, lemon, rolled yeast dumpling, rice, plain, good, rice currant, fruit, ground rice, plain fruit, rice snowballs, batter, plain, dumplings, bread, plain, good bread and apple, bread with raisins, French plum, cheesecake, cocoa-nut, custard, plain, good, tapioca, sago, semolina, almond, macaroni, brandy, ratafia, Conservative, cabinet, plain, rich, lemon, nonpareil
- Puddings (boiled), Carlisle, soufflé, Victoria, Albert, Prince Consort's, cream, iced, Swiss.
- Fromenty or firmity.
- Sauces for puddings
- Creams, fruit, raspberry, strawberry, lemon, spinach, pineapple, orange, almond, Exeter, coffee, chocolate, à la vanille, chestnut, wine, brandy, burnt, Italian, ratafia, stone, velvet.
- Trifle, good, Swiss, apple, royal.
- Devonshire clotted cream.
- " junket.
- Syllabub, London, Staffordshire, Somersetshire, lemon, solid.
- Curds and whey.
- " cream.
- Custards, cheap, good, orange, lemon, raspberry, currant, apple, almond, coffee, chocolate, vanilla, wassail
- Tipsy cake, good.
- Banbury cakes.
- Ices, cream, raspberry, strawberry, apricot, almond, vanilla, water, currant, raspberry, sherbet, peach, rum
- Jelly, strawberry, silver, cranberry, apple, punch, fern, fruit, marble, pineapple, almond
- Blancmanger, plain, arrowroot, ground rice, lemon, strawberry.
- Jaunemanger or flummery.
- Bavarois of Apricots.
- " à la vanille.
- " au café.
- Lemon solid.
- Apple solid
- Ratafia solid.
- Raspberry or red currant solid.
- Apple snow.
- Œufs à la neige.
- Rice solid.
- Lemon honeycomb
- Charlotte Russe à la Parisienne.
- " with apples and apricots.
- Floating island
- Sea of floating islands.
- Sweet macaroni.
- Pommes au beurre.
- Poires au beurre.
- Frosted apples.
- Gooseberry and apple fool.
- Black caps
- Pommes à l'allemande.
- " à l'Hollandaise.
- " aux marrons.
- " à la Vésuve.
- Frangipane
- Fairy butter.
- Orange butter.
- Chantilly basket.
- Gateau de pommes.
- Dessert.*
- Compôtes, apples, pears, apricots, &c.
- Fruit, stewed various.
- " salads.
- " dried and sugared.
- Cakes, biscuits, gingerbread.
- Bread and Cakes.*

LIST OF ENTRÉES.

- | | |
|-------------------------------|------------------------------------|
| Beef, olives. | Croquettes of game, veal . |
| kidneys, broiled or stewed. | " of sweetbreads. |
| collops. | " au financiers. |
| palates. | Curries. |
| patties. | Cutlets of meat, fish, fowl, &c. |
| rolls. | Ducklings stewed, scalloped, &c. |
| steaks, Italian. | Fillets of fish, fowl, &c. |
| tripe fricassee. | Forcemeat balls. |
| Blanquette of veal. | " sausages. |
| " of sucking pig. | Fowl, " escalopes of. |
| " of lamb. | " à la tartare. |
| Boudin of fowl. | " galantine of. |
| Boiled mutton cutlets. | " matelote of. |
| pork cutlets. | " mayonnaise of. |
| mutton kidneys. | Fowl in batter. |
| Calf's ears. | " pilau of. |
| " brains. | " pulled. |
| " head fricassee. | Fricassee of fish, fowl, meat, &c. |
| " " au gratin. | Fricandeau veal or lamb. |
| " kidneys. | Galantine fowl, quail. |
| " liver stewed. | " pigeons, sucking pig. |
| Carp, fricassee of. | Gateau of lobster, salmon, veal. |
| Casserole of rice. | Giblets, stewed. |
| Chicken currie. | Grilled ox-tails. |
| " croquettes of. | Ham, minced. |
| " minced. | Hare, à la poivrade. |
| " rissoles of. | Hashed hare, venison, fawn. |
| Chops, mutton en crepine. | Kid, fowl, &c. |
| " " en robe de chambre. | Kebobs. |
| " " savoury. | Larks, stewed. |
| " veal. | Leveret, à la poivrade. |
| Civet of hare. | Lobster, currie, gateau, rissoles. |
| Cod scalloped. | " scalloped. |
| fillets stewed. | Matelote of fowl, &c. |
| sounds au blanc. | Mayonnaise of partridge, &c. |
| Cod's liver fried. | Minced chicken, veal, &c. |
| Compôte of pigeons. | Moorgame, stewed. |
| Cotelettes à la mainenon. | Mutton tongues en papillotes. |
| Crab, scalloped. | " " en surtout. |
| Croquettes of fowl, fish. | " " grilled. |

Mutton trotters à la poulette.	Ragout of rumps of mutton.
" " with cucumber.	Rissoles, meat, fowl, fish.
Ox-brains, en matelote.	Sausages, various.
Ox-tails, grilled, stewed, &c.	Savoury chops, custard, &c.
Oyster patties.	Stewed calf's-feet, duck, lamb, &c.
Palates, au gratin, fricasseed.	Suprême of fowl.
" stewed, fried.	Sweetbreads, fricasseed, fried.
Partridges, aux choux, salmé, &c.	" en caisse.
Patties, meat, fowl, fish.	" croquettes of.
Pheasant à la Provençale.	" ragout of.
Pig's liver, kidney, pettitoes, fried or broiled.	Turkey giblets, fricasseed.
Plovers, stewed.	" poult, au bechamel.
Plover pie.	Veal scallops.
Rabbit à la maintenon.	Venison cutlets, hash.
" à la poulette.	Vol-au-vent.
" croquettes of.	Wild boar cutlets.
" ragout of.	Wild duck filets.
	" truffé.

LIST OF ENTREMETS.

Apricots, gateaux aux, glacés.	Chantilly basket.
Apple, calf's-feet jelly, jelly-cheese-cakes, custards, Charlotte, Florentine, pancakes, fritters, solid, snow, tart, trifle, fool.	Charlotte Russe, apples and apricots.
Apricot tart, bavaoises.	" à la Parisienne.
Artichokes à la Barigoule.	Chartreuse of apples.
" à la Provençale.	Cheesecakes (various).
" Jerusalem, in white sauce.	Custards, boiled (various).
Asparagus as young peas.	Creams (various).
Baba.	Compôtes (various).
Banbury cakes.	Cranberry tart.
Bavaoises (various).	Croquettes, sweet (various).
Beans, French, à la poulette.	Cucumber à la poulette.
Beignets, à la crème.	" maître d'hôtel.
" d'oranges.	Darioles.
" de pommes.	Eggs, poached, with sorrel, in white sauce, with celery.
" soufflées.	" à la crème.
Black caps.	" à la tripe.
Blancmanges (various).	" aux fines herbes.
Barberry tart.	" vol-au-vent.
Calf's feet jelly (various).	Floating island.
Canellons.	Forced tomato.
Cardoons au gratin, in white sauce.	Fritters (various).
Carrots au maître d'hôtel.	Frosted apples.
" in white sauce.	Gateaux de fruits (various).
Cauliflower, au gratin.	Gaufres.
" with parmesan.	Genoises (various).
" in white sauce.	Gooseberry fool.
	Greens or cabbages à la crème.
	Jam tarts.

- Jellies (various).
 Lemon, honeycomb, solid, sponge.
 Lettuces en surprise.
 Lobster salad.
 Macaroni, dressed, savory, or sweet.
 Meringues.
 Mince pies.
 Mushrooms à la crème.
 " on toast.
 Nesselrode pudding.
 Œufs à la neige.
 Omelettes (various).
 " sweet.
 Onions à la crème.
 " à l'Italienne.
 Orange butter, cheesecakes, custards,
 creams, jelly, sponge, tart.
 Pancakes (various).
 Pear tart, compôte, stewed.
 Peas, green, à la crème.
 " à la Française.
 Pommes à l'Allemande.
 " au beurre.
 " à l'Hollandaise.
 " aux marrons.
 " à la Vésuve.
 Poires au beurre.
 Potato balls, cheesecakes, fritters.
 " in cream.
 Potato en galette.
 " maître d'hôtel.
 " snow.
 " scooped.
 Potted meats, game, &c.
 Prawns.
 Puddings (various).
 Ramaquins.
 Red currant, solid.
 Rice croquettes, fritters, &c.
 Royal trifle.
 Sea-kale.
 Seasoned potatoes.
 Solids, apple, &c.
 Sorrel, stewed.
 Spinach in cream.
 " à la Française.
 " in gravy.
 Swiss trifle.
 Tarts (various).
 Tartlets.
 Timbales of fruit and creams.
 Tomatas, forced.
 Topsy cake.
 Trifles.
 Truffles (various forms).
 Turnips in gravy or white sauce.
 Velvet cream.
 Vols-au-vent of fruit.

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